



grab-n-go blueberry oatmeal snack bars

jam ingredients

- 1 1/2 cups blueberries
- 1 1/2 tbsp chia seeds
- 1 tbsp maple syrup

bars ingredients

- 1 cup oat flour
- 1 cup old-fashioned oats
- 1/2 cup unsweetened applesauce
- 1/2 tsp ground cinnamon
- 1/4 cup melted coconut oil
- 1/2 tsp baking soda
- 1/4 cup maple syrup
- 2 tbsp sugar
- 1/4 tsp salt

directions

Preheat oven to 325°F (163°C). Grease an 8-by-8-inch baking dish. Heat a small saucepan over medium heat. Add blueberries, chia seeds and maple syrup. Cook for about 10 minutes, stirring often. Use a potato masher to smash blueberries for the “jam” layer. Set aside.

Combine oats, oat flour, sugar, cinnamon, salt and baking soda in a large bowl. Add applesauce, maple syrup and coconut oil, stirring to combine. Set aside a heaping half cup of the oat mixture and then press the rest evenly into the prepared pan. Top with blueberry chia jam, spreading evenly with a spoon or spatula. Sprinkle the rest of the oat mixture on top.

Bake for 30 minutes. Cool completely on a wire rack before cutting into 12 bars. Store in the refrigerator.



quinoa egg power bites

ingredients

- 1 cup dry quinoa
- 2 cups vegetable broth
- 2 tablespoons olive oil
- 3 large eggs, lightly beaten
- 1 medium cucumber, shredded
- 1/2 cup pecorino cheese
- 1/4 cup basil, julienned
- 2 teaspoons cumin
- 1 teaspoon cayenne
- 2 teaspoons sea salt
- 12 whole pecans or walnuts (optional)
- Hot sauce, to taste (optional)

directions

Preheat the oven to 350°F.

Soak the quinoa for 5 minutes and drain. In a saucepan over high heat, combine quinoa, broth and 1 tbsp of the oil and bring it to a boil. Stir well, reduce the heat to low, and cook, covered, for 10 to 15 minutes, or until the quinoa is fluffy.

Combine the eggs, cucumber, cheese, basil, cumin, cayenne, and salt in a large bowl.

Stir in the quinoa. Pour the mixture into a 12-cup nonstick muffin tin and top with the nuts, if desired. Bake the power bites for 20 minutes. Remove them from the tin and let cool on a rack.