

R e c i p e

APPLE QUINOA SNACK BARS



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Recipe: **MINNA VAUHKONEN**

INGREDIENTS

- 100 g quinoa
- 100 g shredded zucchini
- 250 g oats
- 150 g apple puree
- ½ tsp vanilla powder
- pinch of salt
- 2 apples
- 1 tsp cinnamon



SERVING

10 servings



CATEGORY

Snack



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- STEP 1** Rinse and cook the quinoa according to the package. Let it cool down.
- STEP 2** Preheat the oven to 180 °C.
- STEP 3** Shred the zucchini and put it in a sieve for a moment.
- STEP 4** In a bowl, combine the quinoa, oats, apple puree, vanilla and salt and mix with a spoon. Add the shredded zucchini and mix again.
- STEP 5** Line a baking pan (about 15 x 20 cm) with parchment paper and press the mixture evenly in the pan with a spoon.
- STEP 6** Slice the apples thinly and place on top. Sprinkle with cinnamon. Alternatively you can also cut the apples into small pieces and add to the mixture with the shredded zucchini.
- STEP 7** Bake in the oven for about 30 minutes.