

# Triple Nut Energy Bars

## Ingredients

- 1 cup uncooked old-fashioned rolled oats
- 3/4 cup uncooked quinoa
- 1/2 cup cashews, coarsely chopped
- 1/4 cup slivered almonds
- 1/2 cup salted, dry-roasted pistachios, chopped
- 1/3 cup flaked unsweetened coconut
- 2 tablespoons flaxseed meal or wheat germ
- 1 ounce bittersweet chocolate, finely chopped
- 1/2 cup unsalted creamy almond butter
- 6 tablespoons agave nectar
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- Cooking spray

## Preparation

Preheat oven to 350°.

Spread oats and quinoa on a baking sheet. Bake at 350° for 8 minutes or until lightly browned. Cool. Place oat mixture in a large bowl, and stir in cashews, almonds, pistachios, coconut, flaxseed meal, and chocolate.

Combine almond butter, agave, oil, and salt in a small saucepan over medium heat; bring to a boil. Cook 1 minute, stirring constantly. Pour almond butter mixture over oat mixture; toss well to coat. Press mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray. Bake at 350° for 13 minutes or until lightly browned. Cool completely in dish. Cut evenly into (1 x 4-inch) bars - or just crumble and serve on top of yogurt or ice-cream.