DietCloud – Recipe

Recipe Name: Breakfast Bar Recipe With Berries Quinoa & Oats

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Quinoa • 1/2 cup Instant Oats (Oatmeal) • 2 cups Oat bran • 2 cups Wheat Bran • 4 cups Peanut Butter • 1 cup Honey • 2 cups Cranberries - or raisins • 2 cups Badam (Almond) - sliced	6

Preparation

• To prepare Breakfast Bar Recipe With Berries Quinoa & Oats, dry roast the quinoa, oats, oat bran and wheat bran on high, for 90 to 120 seconds; or stove stop.
• Set aside.
• In a large pan, add honey and peanut butter, set it on a low heat.
• Once they melt together together, add the roasted oat bran, wheat bran, quinoa, and oats.
• Combine well.
• Add the almonds and cranberries.
• Turn off heat and combine until they come together.
• Line a baking pan (I used 12 x 10 inches) with parchment paper.
• Press the berries, quinoa, nuts & oats mixture flat with your hands.
• Let it freeze for about 4 hours.
• Cut Breakfast Bar Recipe With Berries Quinoa & Oats into squares or rectangular bars, as desired.
• Store them in the refrigerator, for best taste.
• Serve with a healthy smoothie or lots of fresh fruits and haldi doodh.

DietCloud – Recipe

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)