



✂ Snack ⌚ 30 min

Puffed quinoa power bars with Chiquita banana and pumpkin seeds.

This superfood-packed power bars with Chiquita banana and pumpkin seeds are perfect on-the-go snack for a quick energy boost.

1

Remove the seeds from the dates and mash the Chiquita bananas with a fork.

2

Melt coconut oil in a medium size pan on low heat. Add the dates and the mashed Chiquita bananas with the peanut butter/ almond butter and the freshly grated ginger.

3

Stir around until it all comes together and cook for just a few minutes. Remove from the heat.

INGREDIENTS FOR 2 PERSONS

- 1.5 Chiquita banana
- 2 tbsp coconut oil
- 1 cup peanut butter or almond butter
- 10 fresh dates
- 1 tbs fresh ginger, grated
- 2/2 cup pumpkin seeds
- 1 cup puffed quinoa
- 4/4 cup almonds, coarsely chopped
- 1 tbsp seasalt
- 2 tbsp dark chocolate nibs

NUTRITIONAL VALUES PER PERSON

- 193 Calories
- 14,7g Fat
- 3,9g Saturates
- 7,7g Carbohydrate
- 4,8g Sugars
- 2,4g Fibre
- 6g Protein
- 0,2g Salt

4

Add the puffed quinoa, pumpkin seeds, chopped almonds, dark chocolate nibs and the seasalt.

5

Cover a baking dish with baking paper and spoon in the batter. Press firmly.

6

Place the mixture in the refrigerator for 4 hours.

7

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