



Recipes

Quinoa Energy Bars

If you want to experiment making your own energy bars, here is a great recipe that includes both simple and complex carbohydrates, perfect for long rides and runs. It is also very easily digested making it easy to consume while training.

Ingredients:

1/2-Cup Quinoa
1 Apple Chopped
1-Cup Dates Pitted
1/4-Cup Almonds
1/4 cup Ground Flaxseed
1/4-Cup Quinoa Flour
2 tsp Cinnamon
1/2 tsp Nutmeg

Directions:

1. Cook Quinoa according to package and set aside. In a food processor, combine all ingredients.
2. Remove mixture and put on a clean surface.
3. Shape into bars or balls Bake at 350 degrees for 15 minutes

You can individually wrap each bar and store in the freezer for ease and convenience.