**chia energy bars**

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| DAIRY FREE, GLUTEN FREE, WHOLE GRAIN, QUICK-N-EASY | |
| **Hands-on time:** | 17 mins. to 24 mins. |
| **Baking time:** | 23 mins. to 25 mins. |
| **Total time:** | 40 mins. to 49 mins. |
| **Yield:** | 9 bars |
| **Published:** | 08/19/2014 |

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**ingredients**

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* 1 1/2 cups old-fashioned rolled oats
* 1/2 cup cooked quinoa, cooled
* 1/4 cup [whole flax meal](http://www.kingarthurflour.com/shop/items/golden-flax-meal-16-oz)
* 3 tablespoons [chia seeds](http://www.kingarthurflour.com/shop/items/chia-seeds-8-oz)
* 1/2 cup dried fruit, nuts, etc.
* 1 large egg white
* 1/2 cup honey
* 1/2 cup peanut (or almond) butter
* 1/4 teaspoon salt
* 1 teaspoon ground [cinnamon](http://www.kingarthurflour.com/shop/items/vietnamese-cinnamon-3-oz)

**tips from our bakers**

* These bars can easily be made vegan. Mix 1 tablespoon of the flaxseed meal (listed in the dry ingredients) with 3 tablespoons of water in a separate dish and allow to rest for 10 minutes, until the mixture becomes gel-like. Substitute this mixture for the egg in your recipe.
* If you're using salted peanut butter, reduce the salt in the recipe to 1/8 teaspoon.

**directions**

[see this recipe's blog »](http://www.kingarthurflour.com/blog/2014/09/17/chia-energy-bars/)

1) Preheat the oven to 325°F. Grease an 8" x 8" pan, or line it with parchment.

2) Toss together the oats, quinoa, flaxseed meal, chia seeds, dried fruit, and egg white in a medium-mixing bowl until thoroughly combined.

3) Warm the honey, nut butter, salt, and cinnamon in a small saucepan over medium heat, stirring constantly until well blended. Don't let it boil, just let it get warm and fluid enough to blend easily with the dry ingredients, 2 to 3 minutes.

4) Pour the honey mixture over the dry ingredients and mix until everything is coated.

5) Press the mixture into the prepared pan.

6) Bake the bars for 23 to 25 minutes, or until the oats on the edges start to turn golden brown. Remove them from the oven and let them cool completely before serving.

7) To serve, cut into squares.

Yield: 9 bars.

**nutrition information**

**Serving Size:** 78g, 1 bar **Servings Per Batch:** 9 servings **Amount Per Serving:** Calories: 285 Calories from Fat: 111 Total Fat: 12g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 118mg Total Carbohydrate: 38g Dietary Fiber: 6g Sugars: 21gProtein: 9g

\* The nutrition information provided for this recipe is determined by the ESHA Genesis R&D software program. Substituting any ingredients may change the posted nutrition information.

**reviews**