

## Best Grain Free Breakfast Bars

(Best Grain Free Breakfast Bars)

- $\frac{3}{4}$  Cup Amaranth Flour
- $\frac{3}{4}$  Cup White Buckwheat Flour
- $\frac{1}{2}$  Cup Quinoa Flakes
- $\frac{1}{2}$  Cup Walnuts, Chopped
- $\frac{1}{4}$  Cup Sunflower Seeds
- 1 Teaspoon Baking Soda
- 1 Teaspoon Cream Of Tarter
- 1  $\frac{1}{2}$  Teaspoons Pumpkin Pie Spice
- $\frac{1}{2}$  Teaspoon Salt
- $\frac{3}{4}$  Cup Chickpeas
- $\frac{2}{3}$  Cup Soy Milk
- 1 Banana, Broken Into 1" Pieces
- $\frac{1}{3}$  Cup Walnut Oil
- $\frac{1}{2}$  Cup Maple Syrup Or Honey
- 1  $\frac{1}{2}$  Teaspoons Vanilla Extract
- $\frac{2}{3}$  Cup Raisins Or Dates Or  $\frac{1}{2}$  Cup Currants (Optional)
- Preheat Oven To 350 Degrees. Oil An 11" X 7" Baking Pan.
- In A Large Bowl, Mix The Amaranth Flour, Buckwheat Flour, Quinoa Flakes, Nuts, Sunflower Seeds, Sesame Seeds, Baking Soda, Cream Of Tarter, Pumpkin Pie Spice And Salt.
- In A Blender Or Food Processor, Combine The Chickpeas, Milk, Banana, Oil, Maple Syrup Or Honey And Vanilla. Pour Into The Flour Mixture And Stir To Mix Well. (Mixture Will Be Quite Thick And Heavy.)
- Stir In The Raisins, Dates Or Currants If Using.
- Spread In The Prepared Pan. Bake For 20 Minutes Or Until Set. Cool In The Pan On A Rack. Cut Into 12 Bars.
- Store Wrapped In Plastic Wrap.

Variations:

- Carob Breakfast Bars: Reduce The Amaranth Flour By  $\frac{1}{4}$  Cup And Add  $\frac{1}{4}$  Cup Carob Powder. Omit The Pumpkin Pie Spice.
- Dark Breakfast Bars: Use Dark Agave Nectar Instead Of The Maple Syrup Or Honey And Use Raisins.
- Spicy Breakfast Bars: Replace The Pumpkin Pie Spice With  $\frac{1}{2}$  Teaspoon Ground Cinnamon,  $\frac{1}{2}$  Teaspoon Ginger Powder And  $\frac{1}{4}$  Teaspoon Freshly Ground Nutmeg. Use Singularly Or In Combination. If Using Singularly Double The Amount Of The Spice.