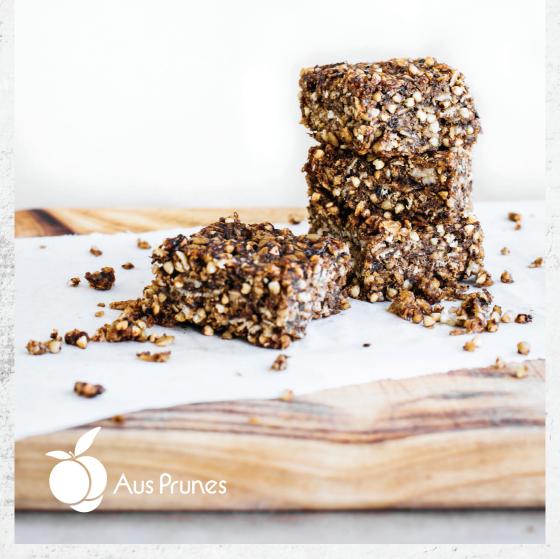
Prune, Buckwheat and Quinoa Lunchbox Bar



Prune, Buckwheat and Quinoa Lunchbox Bar

This delicious bar is great for kid's lunch boxes, as an after school, on the go or before or after exercise snack.

SERVES: 12 | PREP TIME: 15 mins | LEVEL OF DIFFICULTY: •••

Can be made dairy free by substituting Nuttelex for butter.

Lunchbox Bar

INGREDIENTS

- · 1 cup (200g) Australian prunes, pitted
- · 1 cup hot water
- 150g unsalted butter
- 1/3 cup golden syrup
- 1 cup (approx. 180g) cooked buckwheat or buckinis
- · 1 cup quinoa flakes
- · 1/2 cup desiccated coconut
- 1 cup rolled oats

METHOD

- Preheat oven to 170 degrees and grease and line a 20cm square slice tin with baking paper.
- Soak prunes in the hot water for 5 mins, then blitz together (prunes and soaking water) in a blender or food processer. Set aside.
- **3.** In a bowl, mix dry ingredients; buckwheat, quinoa, coconut and oats.
- 4. In a small saucepan heat butter and golden syrup over a medium heat until the butter is melted, and the mixture just reaches boiling.
- 5. Add the hot butter mix and the prune puree to the dry ingredients and mix together well. Press into prepared pan and bake for 20 mins.
- **6.** Cool in the pan. Turn out and cut into slices or squares.

NUTRITION

Per serve: Energy 1120kJ \cdot Protein 4g \cdot Total fat 14g \cdot Saturated fat 9g \cdot Total Carbohydrates 28g \cdot Total sugars 14g \cdot Dietary fibre 4g \cdot Sodium 20mg

16g prunes per bar (1/3 of daily 50g serve of prunes)

Source of carbohydrates

✓ Source dietary fibre

✓ Low in sodium



Visit www.ausprunes.org.au for health benefits and recipes Share your creation & tag us at @ausprunes #ausprunes