

# Prune, Buckwheat and Quinoa Lunchbox Bar



Aus Prunes

# 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

- 1.** Preheat oven to 170 degrees and grease and line a 20cm square slice tin with baking paper.
- 2.** Soak prunes in the hot water for 5 mins, then blitz together (prunes and soaking water) in a blender or food processor. 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 • Protein 4g • Total fat 14g • Saturated fat 9g • Total Carbohydrates 28g • Total sugars 14g • Dietary fibre 4g • Sodium 20mg

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

- Good source of energy
- Source of carbohydrates
- Source dietary fibre
- Low in sodium



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