Erika Vasquez

Intermediate

Grains

Anderson

Quinoa Granola Bars

2 cups uncooked quinoa
1 quart lukewarm water
10 ounce package regular-sized marshmallows
1 tablespoon ground cinnamon
8 ounce package sliced almonds
¼ cup dried cranberries
3 tablespoons dried chia seeds
1 ½ cup old-fashioned oats
1 cup Cheerios
1 teaspoon vanilla extract

Add quinoa to lukewarm water. Soak for an hour. Tear marshmallows and put them in a large bowl. In a large bowl, add ground cinnamon, chia, almonds, cranberries, oats, Cheerios, and vanilla extract. Mix gently with an all-purpose spatula. Drain quinoa and add. Mix again.
Put mixture in a crockpot and heat on low for forty minutes or until marshmallows are melted. Mix every 20 minutes. When it is done, scoop out the granola with a silicone, solid spoon onto 8×11.9 inch wax paper. In order to make the bar shape, form a rectangle. Put granola bar into the freezer for two hours. Then cut it out with a very, sharp knife will make about 28 servings. Wrap it in wax paper, and place it in an airtight container.