

# WEEK



## RECIPE OF THE WEEK

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Nutrition Support

# DAVID'S RECIPE OF THE WEEK

## BLUEBERRY AND QUINOA BARS

(SNACK)

### INGREDIENTS (MAKES ROUGHLY 10-12 BARS)

100g almonds, roughly chopped	50g chia seeds
100g cashews, roughly chopped	200g dried blueberries
100g quinoa	3 tbsp. honey
100g pumpkin seeds	

### METHOD

1. Preheat oven to 190°C. Grease and line a 20cm-square baking tin with baking paper.
2. Place almonds, cashews, quinoa, pumpkin seeds and chia seeds on the prepared tray, bake for 8–10 minutes or until golden, be careful not to burn. Transfer nut mixture to a large bowl and leave to cool.
3. Finely chop the cranberries and add the honey with 3 tablespoons of water and blend in a food processor to create a smooth paste.
4. Add the berry paste to cooled nut mixture, stirring well.
5. Press mixture into prepared baking tin and bake for 30–35 minutes, or until set.
6. Remove from the oven allowing it to cool completely before removing from the tin and cutting into individual bars.
7. Wrap individually and keep in the fridge.