

# Yogurt, Quinoa, and Fruit Bars

*This recipe makes 12 cups of bar mix*



## Ingredients

- 1 cup** quinoa
- 2 cups** water
- 3 cups** chopped fruits of choice
- 2 tbsp** honey
- 2 tbsp** lime juice
- 32 oz** low fat yogurt of choice

## Directions:

1. Cook the quinoa in the water and let it cool completely.
2. Combine the cooled quinoa with the chopped fruit. If using blueberries, it's recommended to cut them in half.
3. In a measuring cup, mix the honey and lime juice until smooth, then pour over the quinoa and fruit mixture, stirring well.
4. Line your trays with parchment paper.
5. You can either mix the yogurt with the quinoa and fruit mixture and spread it evenly across two medium trays, or pour the yogurt evenly between the trays and spread it out before adding the quinoa and fruit mixture on top. Press the mixture down gently.
6. Add dividers to create 20 portions.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended, this is meant to be eaten as a snack

## Notes:

You can use your favorite fruits in this recipe, also change up the flavor if you want by adding flavored low fat yogurt. This recipe made 40 bars with dividers in the 20 portions on medium Harvest Right Trays.

## Nutritional Value Per 1 bar

Calories: 26 Protein: 1.25 g Fat: 0.31 g Carbohydrates: 4.65 g Sugar: 3 g Fiber: 0.35 g