

Teff Snack Bars



Discover teff seeds with this delicious snack recipe, made in collaboration with our partner [Berhan Grains](#). These tasty, gluten-free bars contain neither nuts nor peanuts, making them ideal for school and suitable for all kids. Plus, they're FODMAP, lactose, and soy-free. There's no reason not to enjoy the simplicity of this recipe!

Preparation 5 min
Cooking 8 min
Servings 8
Nutrition Facts (per serving)
Calories 240
Fat 3,5
Carbohydrates 47
Fibre 4
Protein 5
Sodium 5

Ingredients

- 250 ml (1 cup) of roughly chopped dates
- 60 ml (¼ cup) of honey *
- 45 ml (3 tbsp) of egg whites *
- 45 ml (3 tbsp) of water
- 250 ml (1 cup) of puffed quinoa cereal (like Gogo Quinoa, or Rice Krispies)

- 125 ml (½ cup) of dried blueberries and/or cranberries
- 85 ml (¾ cup) of [Teff Grain](#)
- 30 ml (2 tbsp) of chopped dark chocolate > 85%
- 30 ml (2 tbsp) of pumpkin seeds

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a food processor, puree the dates, honey, egg whites, and water.
3. Transfer the mixture to a large bowl and gently fold in the remaining ingredients.
4. Spread the mixture evenly in a 20 cm (8 in) square dish lined with parchment paper, then press firmly with the back of a spoon.
5. Bake for 6 to 8 minutes.
6. Remove from the dish and cut into 8 bars.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Can be frozen for up to 3 months.

Notes:

- For a FODMAP-free or vegan version, replace honey with agar-agar or rice syrup.
- For a vegan or egg-free version, substitute egg white with more honey or another sticky syrup.



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