

Popped Amaranth Energy Bars



Ingredients

- 2 cups popped amaranth: about ½ cup (90 grams) unpopped-- see below
- ¼ cup dried cranberries, chopped
- ¼ cup chopped pistachios
- ½ cup almond butter
- ¼ cup honey
- ½ teaspoon fine sea salt (more or less to taste)
- a few drops vanilla
- ½ teaspoon ground cinnamon

Directions

How to pop amaranth: Heat a deep, dry saucepan over high heat until very hot (a drop of water added to pan should bounce across the surface). Add 1 tablespoon of amaranth. Vigorously shake or stir pan until the seeds pop, about 10-12 seconds (watch closely, the seeds can burn in an instant). Immediately transfer popped amaranth to a large bowl. Repeat. You can make a large amount of popped amaranth and store in an airtight container for up to 1 month.

Instructions

1. Line an 8-inch square baking pan with nonstick parchment paper, allowing an overhang on opposite sides.
2. In a large bowl, combine the popped amaranth, cranberries, and pistachios.
3. In a small saucepan, combine the almond butter, brown rice syrup and salt. Cook and stir over medium-low heat until bubbly. Remove from heat and stir in optional flavorings, if desired, then immediately pour over amaranth mixture, stirring to coat.
4. Scrape mixture into prepared pan. Very firmly tamp down mixture (using a second pan).
5. Loosely cover and refrigerate for at least 4 hours. Use the parchment overhang to remove bars from pan. Cut into 12 bars.

Bar Storage: Store the bars in an airtight container for 1 week at room temperature, 2 weeks in the refrigerator or 6 months in the freezer.

Nutrition Facts

Servings Per Recipe	12 bars
Serving Size	1 bar
Calories:	161
Total Fat	6.9 g
Sodium	80 mg
Carbohydrates	22 g
Fiber	3 g
Sugar	10g
Protein	4 g