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Blueberry Quinoa Breakfast Bake

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(insert music)…Where or where has my sweet summer gone? Where oh where can she be?

Friends, the last three months have been some of the best and the busiest I've seen since the death of my sweet husband. God again allowed times of big transition to happen while my heart was also doing some significant healing. He was bringing me into a new season while closing other things of the past. It's been trying and there have been tears. But it's been good. Really good.

All the while God was chiseling away at me and molding my already soft heart, my two precious little loves were home for the summer. And since I'm so deeply aware of how fast time ticks on and how life won't wait while I wallow, my mommy's heart sat still with them this summer rather than pouring it all into writing, here or elsewhere. I needed…no, I wanted… to squeeze every single ounce, each effort of my summer days and take time to linger on what those little girls wanted from me while they were home to receive it.

So, yeah. I've been a bit absent here. But, now they're back in school (sigh) and I'm settling in. The transitions of work and heart are headed for a smoother path (oh, I hope!) and, well, recipe making is back on my mind! Yep, workouts and inspirational articles, too. OH SO many ideas and articles bouncing around my brain!

That means: **Watch out!** Content is coming! *Members* [1], *I'm plotting and planning how you're going to get lots more of me, too!* When my girls come home, it's still their time. But, when they're away, I'm pouring some love into these pages.

So, come now….come along. Children are back in school. Time to turn your attention to your own authentic version of living well and loving this new season with me.

These **blueberry breakfast bars** are one of the creations I made to slice, wrap and freeze for fast breakfasts before school or even to grab and go when we need an after school snack on the road. Let's just say, a double batch was in order!

I was inspired by a couple of different recipes I'd found using quinoa flakes instead of always adding

oats to my breakfast bars. Then I added and removed ingredients until they met my nutritional specifications. You can see in the photos how well they were received. This one’s a keeper, so of course I had to share!

Recipe category

Food Fit for the Morning [2]
Snacks and This & That [3]

Restricted to members

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Ingredients

- 1 cup quinoa flakes*
- ½ cup sorghum flour
- ¾ cup buckwheat flour
- ¼ cup tapioca starch
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon sea salt
- 1 ¼ teaspoon xanthan gum
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¾ cup coconut sugar (you can substitute brown sugar)
- ⅓ cup unrefined organic, coconut oil (you can substitute olive oil or organic canola oil)
- 2 eggs (you can substitute with flax eggs**)
- ½ cup almond milk
- ¼ teaspoon apple cider vinegar
- 1 tablespoon pure vanilla extract
- 1 cup organic blueberries (you can substitute frozen berries***)
- Please see recipe notes....****

Recipe Instructions

- Preheat the oven to 350ºF. Line a 9-inch square cake pan with greased parchment. Or I also like to use my springform pan (see photos) for this recipe. Works either way!
- Whisk all dry ingredients and spices well in a large bowl. (quinoa flakes through nutmeg on the ingredient list)
- In another bowl, mix thoroughly the sugar and wet ingredients. (coconut sugar through vanilla extract on the ingredient list)
- Gradually pour the wet ingredient mixture into the dry ingredient mixture and stir until just combined.
- Stir in the blueberries to distribute evenly.
- Plop the batter into the cake pan and using a rubber spatula (or oiled fingers) press the batter into the corners and smooth the top.
- Bake in the center of the preheated oven for 35 to 40 minutes or so, until firm. The edges will be golden, the center should be firm to the touch.
- Cool the pan on a wire rack.
- Cut and enjoy! (if you are storing some, layer pieces in an airtight container with parchment paper

between the layers and freeze when completely cooled)

Featured Image



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Recipe Description

Moist and chewy, made with nutritional love, these breakfast bars are perfect for a fast morning fill-up or a grab-n-go snack. Quinoa flakes offer a nutty, higher protein substitute for often used oats. Buckwheat flour adds tons of fiber, is absolutely packed with minerals and high in B vitamins. Let's not forget endless list of benefits from blueberries! Oh, and they are gluten free so you ALL can enjoy them!

Recipe Notes

**Quinoa flakes* [4] are just that--flakes made from quinoa. So, instead of always using oats, they can sometimes be substituted. I like their finer consistency and nutty flavor in this recipe. Buy the brand that I use here [4]. They can be found at most grocery stores in the natural food section.

**If you do not wish to use eggs (I recommend organic, free range if you do), you can substitute with *flax eggs*. They are my common 'go to'. Just put a tablespoon ground or milled flax into a dish with 3 tablespoons warm water, stir and let sit for just a few minutes. That's one egg! So, for the two in this recipe, double that.

Buy milled flax here. [5]

***I have used frozen berries (of ANY kind) in this recipe. Be aware that if they are not thawed before you add them, it will cool the batter so baking may take a bit longer. If they are thawed, your batter will turn the color of their juice! I like to use them frozen after sitting out a short time before the juices are all melted.

Buy the coconut oil I use here [6].

Buy the buckwheat flour here. [7]

Buy Sorghum flour here. [8]

****_**YES--this recipe contains many ingredients.**_ However, these are all the ingredients that you can benefit from having on hand if you plan to keep trying recipes, especially from this site. I like using my nutritional mainstays in many recipes. Just put flours you use less frequently in the freezer for storage and you are good to go until the next baking session.

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