

## Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.



## Slow Cooker Energy Bars

8 servings

4 hours

### Ingredients

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

### Directions

- 1 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 2 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 3 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 4 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 5 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 6 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

### Notes

**Storage:** Store in an airtight container in the freezer up to 6 months.