# Gluten-Free Vegan Bars with Teff and Chocolate

## Ingredients

- 1 ½ cups whole grain teff
- 1 cup teff flour
- 2 tbsp. chia seeds
- 1 ripe or over-ripe banana
- ½ cup peanut butter
- ¼ cup maple syrup
- ¼ cup melted coconut oil
- ½ cup peanuts
- ½ cup chocolate chips
- 3 oz. chocolate (or more chocolate chips) for coating
- Sprinkle of sea salt (optional)

## Steps

1. Preheat the oven to 375°F (190°C). Line a 9x13 inch baking dish with parchment paper so it covers the bottom and sides and set aside.

2. Place the whole grain teff in a large skillet, and turn the heat to medium high. Stirring occasionally, wait until you hear the teff start to pop. Once the teff is popping, leave on the heat for 2 minutes before removing and placing in a large mixing bowl. Add the teff flour and chia seeds to the mixing bowl, stir, and set aside.

3. In a second bowl, mash or blend your banana until smooth. Add the peanut butter, maple syrup, and coconut oil, and mix well. Combine the wet ingredients with the dry into dough, then add the peanuts and chocolate and fold to combine. Place the dough in your prepared baking sheet, and use a spatula or bottom of a measuring cup push the dough out to create an even layer in your dish. Bake for around 20 minutes.

4. Once your teff bars are almost done, melt your chocolate. When the teff bars come out of the oven, pour the chocolate over the surface of the baked bars, smoothing it out if needed. Sprinkle with sea salt, if desired. Leaving it in the dish, use a knife or a bench scraper to cut your teff bars (I cut 5 rows and 3 columns), and place in the fridge to set.

5. Once the bars are cool and the chocolate hardened, remove from the baking dish and paper and break into the pre-scored bars. Store in an airtight container in the fridge.