

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Quinoa Bites

Makes about 8 golf-ball sized bites, or a dozen quarter sized bites

INGREDIENTS:

- 3/4 cup quinoa, cooked
- 1/4 cup old fashioned oats (OR you can use ALL oats and no quinoa, or the other way around)
- 1/4 cup nut butter of choice (PB is my fav!)
- 2 tablespoon agave/maple syrup/honey
- 1 few tablespoons coconut (optional)
- 1/4 cup dried fruit of your choice, mini chocolate/carob chips, assorted nuts, or whatever mix-in suits your fancy
- 1 scoop protein powder *



DIRECTIONS:

1. Cook quinoa, if needed. Let cool.
2. Mix all ingredients in a large bowl.
3. Roll into 8 or 12 bites.
4. Put into the freezer until set. Then place in the refrigerator until ready to eat.

* if you decide to add the protein powder (which I think is a great way to sneak some added protein into your diet!) then you may need to add a little more nut butter and/or sweetener (honey/maple syrup/agave). Sometimes with the added protein powder the bites can become a little dry and will not hold together well....what you are basically trying to accomplish here is a "sweet" meatball-like consistency. There's no right or wrong with this recipe, so just play with the ingredients until you get the right consistency and the balls stick together.

Compliments of Eat Your Heart Out Edibles

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