

# *Chocolate Quinoa Muffins*

## **Ingredients:**

2	cups	Cooked Quinoa (about ½ cup dry)
4		Eggs
1/3	cup	Milk (try unsweetened almond milk)
1	tsp	Vanilla
½	cup	Coconut oil, melted (sub for butter)
1/3	cup	Applesauce, unsweetened
1	cup	Stevia (for baking, or coconut sugar)
1	cup	Cocoa powder (unsweetened)
1 ½	tsp	Baking powder
½	tsp	Baking soda
½	tsp	salt

Quinoa is ridiculously good for you. Not only is the gluten-free grain a complete protein, but it's also a good source of fiber, iron, magnesium, and phosphorus. Some people want all the nutritional benefits of quinoa without the taste, so here is a dessert recipe using quinoa as an alternative to white flour. And because quinoa is so moist, these muffins hold together better than the average crumbly, flour-based version. They're also naturally sweetened and call for coconut oil in place of butter. But be wary, quinoa is sticky, so be sure you spray cooking oil on your muffin pan so none of this chocolate dessert is wasted. These muffins are flourless, nut-free, gluten-free, dairy-free, low-calorie, and low in sugar.

## **Directions:**

Preheat your oven to 350 degrees F.

In a large bowl or stand mixer, put in all the ingredients and mix until well combined.

Mist your muffin tin with oil, or line with silicone liners or foil liners to prevent sticking.

Pour into muffin tins just over ½ full.

Bake for 15-16 minutes until you press them and they spring back. The toothpick test doesn't work well on these as a bit of crumb will stick to the toothpick as they are so rich and moist.

Prep time: 10 mins, Cook time: 15 mins

Total time: 25 mins

## Nutrition

Serving size: 1 muffin

Calories: 96

Fat: 6.4 g Saturated fat: 4.2 g

Carbs: 9.2 g

Sugar: 0.7 g

Sodium: 142 mg

Fiber: 4.3 g

Protein: 2.4 g

*submitted by:* Haley Medford