



Quinoa Breakfast Bites

Prep time: 20 min
Cook time: 15 min
Makes about 32 bites

INGREDIENTS

- 1 1/2 cups whole wheat flour
- 1 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/4 cup sugar
- 1/4 cup (packed) light brown sugar
- 1/4 cup honey
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup cooked quinoa, cooled
- 1 cup oats
- 1 cup dried cranberries
- 1/2 cup slivered unsalted almonds

DIRECTIONS



Start with clean hands!
 Wash your hands with soap and water.

1. Preheat oven to 375°F. Line 2 baking sheets with parchment paper.
2. Whisk flour, salt, baking powder, and baking soda together in a medium bowl.
3. Using an electric mixer or a wooden spoon, mix butter, both sugars, and honey in a large bowl until light and fluffy, about 3 minutes.
4. Add eggs and vanilla extract to butter mixture; beat until pale and fluffy, about 2 minutes.
5. Add flour mixture, 1/2 cup at a time, to large bowl, stirring after each addition. Stir in quinoa, oats, cranberries, and almonds.
6. Spoon dough in 2-tablespoon portions onto prepared sheets, spacing 1 inch apart.
7. Bake cookies until golden, 12–15 minutes. Transfer cookies to a wire rack and let cool.
8. Store cooled cookies airtight at room temperature for 1 day, or freeze for up to 1 month.

Quinoa (pronounced "keen-wah") is a whole grain. It comes from South America. It cooks in about 20 minutes and can be used like rice.

Recipe adapted from: www.epicurious.com



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