

Recipe posted on gingerfriesen.com, March 2021

## Chocolate Quinoa Muffins

Adapted from [WildlyOrganic.com](http://WildlyOrganic.com) "Easy Grain-Free Chocolate Quinoa Muffins"

### Ingredients:

- 1/2 cup cacao powder
- 1/4 cup almond flour
- 1/2 cup organic sugar (or regular sugar)
- 1/4 teaspoon pink Himalayan salt (or regular salt)
- 1 teaspoon baking powder
- 2 Tablespoons tapioca flour (optional-but I do use this)
- 2 eggs
- 1/4 cup unsweetened vanilla almond milk, or milk of choice
- 2 teaspoons vanilla extract
- 1/3 cup melted coconut oil
- 3/4 cup uncooked quinoa, prepared (see Notes)

### Instructions:

1. Prepare quinoa first (see Notes) and let cool.
2. Preheat oven to 350 degrees.
3. In a mixing bowl, combine cacao, almond flour, sugar, salt, baking powder, and tapioca flour and mix well. Be sure to break up any large clumps of almond flour.
4. In a smaller bowl, whisk together the eggs, almond milk, and vanilla.
5. Add egg mixture, melted coconut oil, and cooked quinoa to the dry ingredients and mix well to combine.
6. Use a spoon to fill muffin cups 3/4 full.
7. Bake for 25-30 min depending on size of muffins, until cooked through.

### Notes:

- Mix the 3/4 cup dry quinoa with 1 1/2 cups water in a medium pot on the stove. Bring to a boil, cover, reduce heat to a simmer and cook for 20-25 minutes until water is absorbed and quinoa is fluffy. Spread entire amount of cooked quinoa onto a plate to let it cool for a few minutes before adding to recipe.
- The muffin batter is runny (and messy) when getting it from the mixing bowl to the muffin pan.
- I use a BonCook silicone tart tray, which is similar to a mini-muffin pan, and this recipe fills all 20 tart wells to the brim. I am guessing you would get a dozen regular size muffins from this recipe.
- Sources: Cacao powder (Walmart), almond flour (Aldi), organic sugar and quinoa (Costco), Himalayan salt and tapioca flour (Vitacost), coconut oil (Wildly Organic)