



Quinoa Chocolate Cupcakes

18 servings

45 minutes

Ingredients

2/3 cup Quinoa (Uncooked) (makes about 2 cups cooked)
1 1/3 cups Water
4 Eggs
1/2 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
1 cup Butter (melted)
1 cup Cocoa Powder
3/4 cup Coconut Sugar
1 1/2 tsps Baking Powder
1/2 tsp Baking Soda
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	162
Fat	12g
Saturated	7g
Carbs	13g
Fiber	2g
Sugar	6g
Protein	3g

Directions

- 1 Pre-heat oven to 350 degrees.
- 2 Cook quinoa according to directions with the uncooked quinoa and the water, then set it aside when it's cooked (save yourself time and make the quinoa ahead of time - even better, use leftover quinoa!)
- 3 Add almond milk, eggs, and vanilla to a blender and mix well. Then add the cooled cooked quinoa and butter and blend up with it.
- 4 In a large bowl, add the cocoa powder, coconut sugar, baking soda, baking powder, and salt. Add the quinoa mixture to the dry ingredients and mix well.
- 5 Pour into 18 silicone muffin tins or a 9x12 inch cake pan. If not using non-stick silicone, use parchment paper.
- 6 Bake for 35-45 minutes, depending on whether you're doing cupcakes or a larger cake. Test for done'ness when a toothpick stuck in the middle comes out clean.
- 7 Let cool and then enjoy!

Notes

More Protein?: Add a couple scoops your favorite chocolate protein powder. (note: plant-based protein powders often create a grainy texture that may not bake as well - whey protein is recommended when adding to baking)