

Quinoa Muffins

with Fresh Cherries & Almonds

Makes 12 Muffins

Ingredients

1/2 cup white or golden quinoa
1 cup water
1 1/4 cups whole wheat flour
1 1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1/2 tsp cinnamon
1/2 cup cane, brown or white sugar
1/4 cup canola oil
1 egg
1/2 cup 0% fat plain greek yogurt
1/2 tsp almond extract
1 cup fresh cherries, pitted & halved
1/2 cup sliced natural almonds



Directions

1. Preheat the oven to 400F and set the rack to the middle of the oven & line 12-cup muffin pan with paper liners.
2. Bring quinoa and water to a boil in a medium saucepan. Cover and reduce heat to low and cook for 10 mins. Turn the heat off and leave the covered saucepan on the stove for another 15 minutes. Fluff the quinoa with a fork and allow it to cool (the freezer will speed up this process for you).
3. In a medium bowl, combine the flour, baking powder, baking soda, salt and cinnamon with a whisk. Add the cooked quinoa to the flour mixture, using a fork to combine and break apart any large chunks.
4. In a large bowl, whisk together the sugar and oil, followed by the egg, yogurt and almond extract. Add the flour mixture to the liquid mixture and use a rubber spatula to fold together the ingredient until there is still flour visible. Add the cherries and almonds and gently fold until there is no dry ingredients showing. Do not over mix.
5. Spoon the batter evenly into the muffin pan until each cup is 3/4 full.
6. Bake for 18-20 minutes or until the muffins are lightly golden brown and a toothpick inserted into the center comes out clean. Enjoy!

Love from the ov,

Sara