

Gluten-Free Quinoa Cookies Adapted from Viva

Simple to make, high in protein, complex carbs and stress-busting B vitamins.

1 cup cooked quinoa, cooled
4 ripe bananas, mashed
1 cup almond meal (you can finely grind your own almonds)
1 cup unsweetened coconut, shredded
½ cup coconut sweetener/sugar (or pure maple syrup)
½ cup dark chocolate pieces (70% or more. I used No Nuttin” brand OR raisins or walnuts)
1 tsp pure vanilla
1 pinch of sea salt

Pre heat oven to 380F.

In a large mixing bowl, mash bananas with a fork and add vanilla and coconut sugar.

Add quinoa, coconut and salt.

Mix until well combined. Stir in chocolate chips or raisins or walnuts.

Line baking sheet with parchment paper (preferably unbleached) and drop batter by teaspoonful onto sheet. Flatten slightly.

Bake for 20-25 minutes. Remove and let cool.

Enjoy in great health! 😊
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