



Quinoa Bliss Balls

Introduction

Quinoa Bliss Balls are a delightful and nutritious snack that perfectly balance taste and

health. Packed with protein and fiber, these bite-sized treats are ideal for a quick energy boost or a wholesome dessert. Easy to prepare and customize, they are suitable for any dietary preference, making them a versatile addition to your snack repertoire.

Detailed Ingredients with measures

Quinoa: 1 cup, cooked
Nut butter: 1/2 cup (your choice)
Honey or maple syrup: 1/4 cup
Cocoa powder: 1/4 cup
Chia seeds: 2 tablespoons
Vanilla extract: 1 teaspoon
Chopped nuts or seeds: 1/4 cup
Coconut flakes: 1/4 cup (optional)
Pinch of salt: to taste

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes
Total Time: 15 minutes
Yield: Approximately 12-15 bliss balls



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Detailed Directions and Instructions

Step 1: Prepare the Quinoa

Rinse one cup of quinoa under cold water. This helps remove any bitterness from the quinoa. Cook the quinoa according to package instructions, typically in two cups of water until it is fluffy and all water is absorbed. Allow it to cool completely.

Step 2: Combine Ingredients

In a large mixing bowl, add the cooked quinoa, 1 cup of almond butter, 1 tablespoon of maple syrup, 1 teaspoon of vanilla extract, and a pinch of salt. Mix thoroughly until all ingredients are well combined.

Step 3: Add Extras

Stir in half a cup of dark chocolate chips and half a cup of shredded coconut. You can also add any additional mix-ins of your choice such as nuts or seeds.

Step 4: Form the Balls

Using your hands, scoop out a portion of the mixture and roll it into a ball about the size of a tablespoon. Repeat this process until all the mixture is used up.

Step 5: Chill the Bliss Balls

Place the formed quinoa bliss balls on a baking sheet lined with parchment paper. Refrigerate for at least two hours to allow them to set.

Step 6: Store the Bliss Balls

Once chilled, transfer the bliss balls to an airtight container. They can be stored in the fridge for up to one week or frozen for up to three months.

Notes

Note 1: Quinoa Variations

Feel free to experiment with different types of nut butters or sweeteners to change the flavor profile of the bliss balls.

Note 2: Dietary Adaptations

These quinoa bliss balls are vegan, gluten-free, and can fit various dietary needs.

Note 3: Customization

Add spices like cinnamon or cocoa powder for added flavor. You can also roll the bliss balls in additional shredded coconut or crushed nuts for extra texture.

Note 4: Serving Suggestions

These bliss balls make a great snack, post-workout treat, or a healthy dessert option.



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Cook techniques



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