

Quinoa Breakfast Muffins



Ingredients:

- 2 cups of rolled quinoa
- 1 cup of finely ground almond meal
- 1 cup low fat Greek yoghurt
- 1 cup pie fruit
- ½ cup of sultanas or dried cranberries
- ¼ cup LSA
- ¼ cup Olive Oil
- 4 eggs
- 2 tbsp. honey
- 2 teaspoons baking powder
- 1 teaspoons ground cinnamon + 1 tbsp. extra for sprinkling

Directions

- Preheat oven to 160 C
- Combine almond meal, LSA, baking powder, sultanas/cranberries and cinnamon
- Fold in rolled quinoa and mix well to combine
- Add yoghurt, eggs, olive oil, honey and apple and stir to form a thick batter.
- Allow batter to sit for 10 minutes while preparing muffin tray.
- Line muffin tray with muffin cups.
- Spoon batter into cups and sprinkle lightly with extra cinnamon
- Bake for 40 minutes or until muffin is baked all the way through.

Recipe makes 8 muffins. Approx 250 calories per muffin