



Quinoa Bites

2 cups of cooked quinoa, cooled
1/2 cup natural peanut butter
1 large banana, peeled
2 pitted dates
1 tbsp cocoa, unsweetened powder
2 tbsp chia seeds
2 tbsp stevia

In a food processor or blender, add peanut butter, banana, dates, cocoa powder and stevia. Mix until smooth. In a medium bowl add the cooked quinoa and peanut butter mixture together. Add chia seeds and mix.

Roll into small balls and place on a tray with wax paper. Place in freezer. Once frozen, store in a re-closable plastic bag. Remove from the freezer and eat before completely thawed. Makes 12 servings.

Nutrition information per serving: 124 calories, 5 grams protein, 6 grams fat, 13 grams carbohydrate, 5 mg sodium.