

Chocolate Quinoa Cupcakes

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 cups* cooked quinoa
- 1/3 cup nut milk (I used coconut milk)
- 4 large eggs
- 1 tsp liquid vanilla extract
- 3/4 cup coconut oil, melted and cooled (or extra-virgin olive oil)
- 3/4 cup pure maple syrup
- 1/2 cup coconut sugar
- 1 cup cacao powder or unsweetened cocoa powder
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 2 tbsp mini chocolate chips, Enjoy Life brand

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a mini muffin pan or use mini muffin cups.
2. Combine the milk, eggs and vanilla in a food processor. Add 2 cups of cooked quinoa, maple syrup and the cooled melted coconut oil and continue to blend until smooth.
3. Combine together in a medium bowl the coconut sugar, cacao powder, baking powder, baking soda and salt and mix well. Add this mixture to the food processor and mix just until blended.
4. Pour the batter into muffin cups. Sprinkle with chocolate chips. Place on the middle rack in the oven. Bake for 15 to 20 minutes or until a cake tester or a knife inserted in the middle comes out clean.
5. Cool completely before removing from muffin cups.

Notes:

*If cooking quinoa, 2/3 cup dry with 1 1/3 cup water yields approximately 2 cups. Don't worry if it is off a smidgen. Makes 50-60 mini cupcakes!