

# Strawberry Quinoa Muffins

PREP TIME: 15 MINUTES  
COOK TIME: 30 MINUTES

YIELDS: 5-6 MUFFINS

## Ingredients

- 1 cup almond flour
- 2 raw eggs
- 3 tablespoons milk (any)
- 1 cup chopped strawberries + additional slices for topping
- ¼ cup cooked quinoa
- 2 tablespoons honey
- 1 teaspoon ground cinnamon

## Qualities

- Texture: Soft
- Rating for Scent: 3/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-Nausea
- Gluten Free



## Directions

1. In a mixing bowl, combine all ingredients.
2. Preheat oven to 350F.
3. Grease a mini muffin pan with nonstick cooking spray or softened butter.
4. Scoop batter into each mold dividing evenly.
5. Lay thinly sliced strawberries over top of each muffin.
6. Bake in preheated oven for 30–35 minutes until firm and golden brown.
7. Allow to slightly cool before removing from the pan.

## Chef Tips/Adjustments

- The almond flour, eggs, and milk are the base recipe, then any other ingredients can be substituted, omitted, or adjusted as desired.
- This recipe can be stored in the refrigerator in a sealed, airtight storage bag or container, or frozen. Sweetness level can be modified by adjusting the amount of honey.

## Nutrition Content for 1 Muffin

Calories: 179kcal	Carbohydrates: 13.4g
Fat: 11.6g	Fiber: 2.7g
Protein: 7.8g	Added sugar: 5.8g
Sodium: 24.6mg	

