

Quinoa Pizza Bites

Prep Time	Cook Time	Total Time
mins	32-35 mins	mins

Recipe by: Laura Bench
Category: Snack
Servings: 2



Ingredients

½ cup quinoa, uncooked
1 large egg
¼ cup onion, chopped
½ cup mozzarella cheese, shredded
1 TB dried basil
1 tsp dried oregano
1 tsp garlic powder
¼ tsp salt
Pizza sauce or tomato sauce for dipping

Instructions

1. In a small sauce pan, add your quinoa and 1 cup of water and cover with a lid. Bring to a boil. Once boiling, reduce heat to low and simmer for 15 minutes (until water is absorbed and quinoa is tender).
2. While quinoa is cooking, preheat oven to 350°F. Combine all other ingredients (minus the sauce) in a mixing bowl until it's well mixed. Once quinoa is cooked, add into the mixture.
3. Spray a mini muffin tin with cooking spray (I use coconut oil cooking spray or grease well with coconut oil).
4. Using a Tablespoon, scoop 1 TB into each muffin tin. Press down gently to compact. You should be able to fill about 20 of them.
5. Bake for 17 to 20 minutes. I do 20 minutes because I like mine golden brown and crispy edges. Let them cool slightly and serve warm with heated up pizza or tomato sauce to dip in!

Nutrition Info **Per Serving:** about 10 quinoa pizza bites

Calories: 277 Total Fat: 9.5g Carbs: 31g Protein: 17g