



Apple, Quinoa & Cinnamon Bites

Makes 24 bites

Ingredients

- 1 cup cooked quinoa
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3 tablespoons brown sugar
- 1 tablespoon white sugar
- 1 tablespoon maple syrup
- 1 cup chopped apples (any kind is fine)
- 2 eggs, lightly beaten
- Cooking oil spray

Nutritional Guide - Per Serve

Energy: 122cal	Carbohydrate: 20g
Protein: 3.9g	Sodium: 20mg
Fat: 2.5g	Sugars:
Sat Fat: 0.5g	Fibre: 2.2g

Method

Step 1: Preheat oven to 200°C.

Step 2: In a large mixing bowl, add your cooked quinoa and quick oats. In a separate smaller mixing bowl, combine your cinnamon, nutmeg and sugars and then add the spice mixture to the quinoa and oats. Then add the maple syrup, apples and eggs and mix until just combined.

Step 3: Spray a mini muffin pan (24 count) with non stick cooking spray. Make sure to spray the top of the pan as well.

Step 4: Fill each muffin slot with 1 tablespoon of the mixture and bake for about 15-20 minutes. Serve warm if desired. Enjoy 3 bites per serve.

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for snack should be between 70-100cal

Does this recipe meet your meal requirements? NO

Recommendations:

- Reduce to 2 bites per serve.

Total Calories:
81cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for snack should be between 120-150cal

Does this recipe meet your meal requirements? YES

Total Calories:
122cal