



## RECIPE: Cacao & Quinoa Bites

These are a great quick and tasty treat using only fruit to sweeten them. They are perfect for a wholefood healthy chocolate treat.

### Ingredients:

- ¼ cup cashews (soak for 3 hours)
- ¼ cup almonds (soak for 3 hours)
- ½ tsp. vanilla extract
- 1 ripe banana
- 1 cup cooked quinoa
- 3 Tbsp. cacao powder
- 3 Tbsp. coconut flour
- ¼ cup almond milk

### Method:

1. Preheat oven to 200degrees Celsius
2. Drain the cashews and almonds and rinse well.
3. Add the cashews, almonds, cacao powder and quinoa to a food processor and blend until combined.
4. Add the coconut flour and vanilla extract until all ingredients are incorporated.
5. Place the mixture on a lined baking tray and bake for 30mins.



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I am a health and nutrition coach, fitness instructor and self taught cook.

My aim is to empower people to build positive relationships with health promoting plant foods.