



#GET
WELLTHY



QUINOA ALMOND ENERGY CANDIES

Recipe by Chef Zoe Muller, Baylor Scott & White Health

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup almond butter, raw, organic
- 1/4 cup apricots, chopped, or your favorite dried fruit
- 1 cup medjool dates, pitted (about 8-10)
- 1/4 cup almonds, chopped
- 1/4 cup pumpkin seeds or flaxseeds
- Pink of sea salt, optional*
- Zest of 1 orange

NOTES

Other optional ingredients: coconut oil, walnuts, raw cacao, chia seeds.

Yields: About 30 candies
(1 tablespoon per candy)

PATH TO DELICIOUSNESS

- 01** Place all ingredients into a food processor and pulse until the mixture comes together.
- 02** Remove mixture from the food processor, place in a bowl, cover and refrigerate for about 30 minutes to 1 hour.
- 03** Using wet hands, roll 1 tablespoon of the mixture into a ball, pressing mixture together firmly so it will hold. Repeat process until you make about 30 candies.
- 04** Wrap each candy in wax paper wrappers and place them in the fridge.