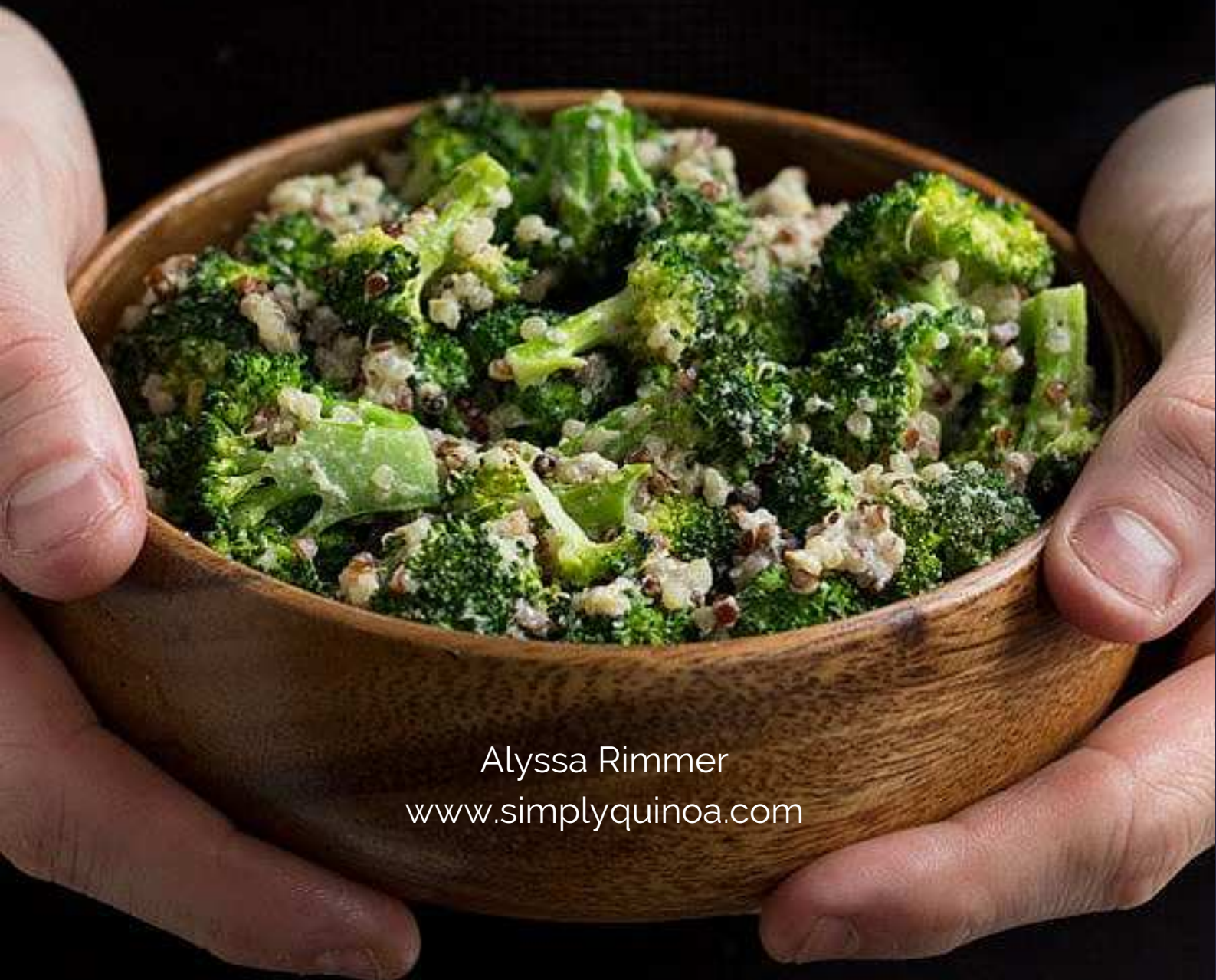


DETOX WITH QUINOA

HEALTHY RECIPES TO DETOX YOUR LIFE



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A NEW YEAR. A NEW YOU.

Eating healthy and living clean is something we all vow to do at the beginning of each year, but for most of us that's hard to stick to. We "fall off the wagon", get stuck in old habits and the progress we've made quickly disappears.

This is all too familiar to me personally. I've had many ups and downs with healthy eating, been a yo-yo dieter for years, but it wasn't until I discovered quinoa that I realized these diets aren't the answer.

It's all about making smarter, healthier choices about the food we put in our bodies. It's about changing our mindset and realizing that we can still enjoy great food without compromising our health in the process.

Armed with this guide, you will have 20 healthy and delicious recipes in your back pocket designed to help you stick to your resolutions and make positive change in your life. And once you master this guide, make sure to come visit the blog for even more simple, easy and tasty recipes!

Here's to your health!

xx Alyssa

BREAKFAST



recovery quinoa breakfast bowl // simply quinoa banana pancakes
vanilla overnight quinoa // strawberry quinoa breakfast bowl



Recovery Quinoa Breakfast Bowl

Whether you've had one too many glasses of wine, or just need something to cleanse your system, this breakfast bowl is packed full of toxin-fighting ingredients. Plus it only takes 5 minutes to make!

for the breakfast bowl:

- 1 ½ cups water
- 2 chamomile tea bags
- ¼ cup oats
- ¼ cup quinoa flakes
- 1 small banana
- 1 tablespoon coconut flour
- ¼ teaspoon freshly grated ginger
- 1 tablespoons honey

for topping:

- 1 tablespoon coconut flakes
- 1 tablespoon sunflower seeds
- Remaining banana, sliced
- 1 tablespoon honey

1. Add water and chamomile tea bags into a small sauce pan.
2. Bring water to a boil, stir tea bags a few times, then remove from heat and let the tea steep for 3 - 4 minutes.
While tea is steeping, mash ⅔ of the banana in a small bowl and set aside.
3. Bring water back to a boil, add oats, quinoa flakes, mashed banana and coconut flour and stir to combine. Cook until the porridge reaches your desired consistency, 1 - 2 minutes. Stir in ginger and honey, and transfer mixture to a bowl.
4. Garnish with toppings and enjoy!



Simply Quinoa Banana Pancakes

The base of these pancakes is just oats and quinoa flakes, so your pancakes are packed with fiber, protein and other fill-you-up nutrients. Then we add in banana, peanut butter, almond milk and an egg. Perfection!

for the pancakes:

1 ½ cup gluten-free rolled oats	1 teaspoon pure vanilla extract
½ cup quinoa flakes	¼ cup creamy peanut butter (optional)
1 teaspoon baking powder	½ cup vegan chocolate chips, melted with 2 tablespoons peanut butter (optional)
Pinch of sea salt	
1 banana	
1 large egg	
1 ½ cup unsweetened almond milk	

1. Add oats, quinoa flakes, baking powder and salt into a blender.
2. Pulse a few times until it resembles a flour.
3. Add banana, egg, almond milk and vanilla, and blend until smooth. Pulse in peanut butter.
4. Let batter sit for 3 - 5 minutes to thicken slightly.
5. Heat and grease a pan over medium-low heat. Pour pancake batter directly from the blender container onto the pan. Cook pancakes until bubbles start to form on the top, 2 - 3 minutes.
6. Flip and cook for another 1 - 2 minutes.
Repeat until no batter remains. Keeping the other pancakes warm in a 200 degree F oven.
7. Serve pancakes and drizzle with chocolate-peanut butter syrup if desired.



Vanilla Almond Overnight Quinoa

This recipe uses a mixture of cooked quinoa and almond pulp instead of the traditional oats to make an overnight cereal that is packed with protein and sweetened with just a hint of maple syrup.

for the overnight quinoa:

1 cup almond milk	¼ teaspoon vanilla extract
½ cup cooked quinoa	Stevia to taste (optional)
½ cup almond pulp	Chopped almonds to garnish (optional)
4 tablespoons chia seeds	
2 tablespoons maple syrup	
¼ teaspoon almond extract	

1. Divide all ingredients between two mason jars. Stir until incorporated.
2. Place in refrigerator and let sit overnight.
3. Remove and garnish with chopped almonds. Enjoy!



Strawberry Quinoa Breakfast Bowl

This recipe is for strawberry infused milk, poured over a simple bowl of quinoa, then topped with blueberries, goji berries and almonds. And with fewer than 10 ingredients and couldn't be easier to make.

for the breakfast bowl:

$\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup cashews
1 cup frozen strawberries
1 packet stevia (or 1 tablespoon liquid sweetener of choice), optional
1 cup cooked quinoa (any variety)

for toppings:

Blueberries
Goji berries
Chopped almonds

1. Add top 4 ingredients into a high-powered blender. Blend on high until smooth and creamy (will be the consistency of milk). Set the blender aside.
2. Place quinoa in a bowl, pour milk over and sprinkle on toppings.
3. Enjoy immediately with a warm cup of tea or coffee!



SOUPS + SALADS



detox salad // creamy broccoli salad // smashed chickpea quinoa salad //
christmas kale salad // vegan cream of mushroom soup // healthy green soup



Detox Quinoa Salad

This salad is packed full of detoxifying ingredients like beets, garlic, lemon and quinoa. It makes a quick lunch, a perfect side dish or could even be eaten as a main course!

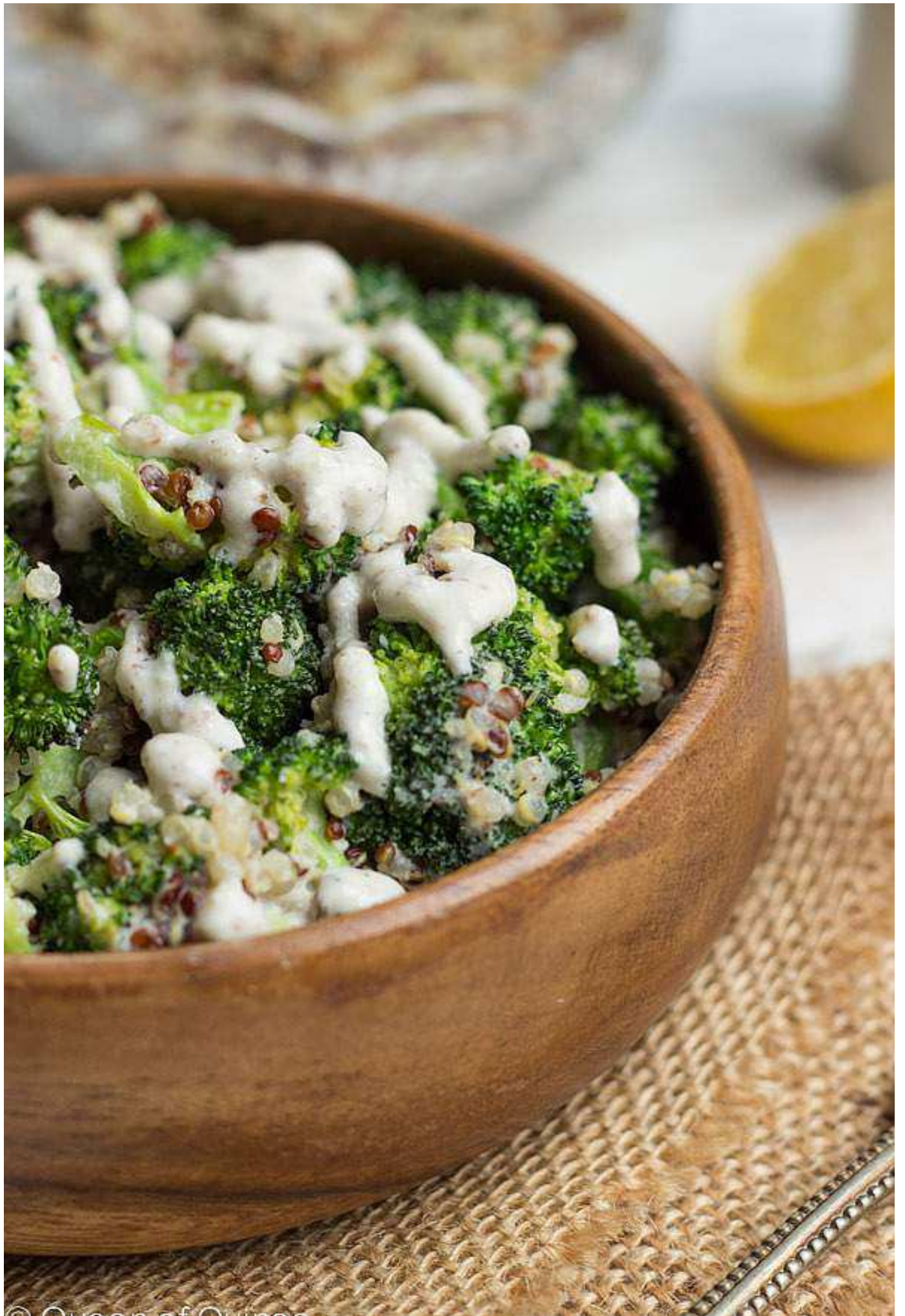
for the salad:

4 cups arugula
1 cup cooked quinoa
1 cup cooked beets (preferably organic), diced
1 (15 oz) can chickpeas, drained and rinsed

for the dressing:

Juice of 1 lemon
2 tablespoons tahini
1 tablespoon coarse mustard
1 tablespoon water
Salt & pepper to taste

1. In a large bowl, mix together all the salad ingredients.
2. Whisk together the vinaigrette ingredients. Pour of the salad and toss until everything is combined.
3. Refrigerate for 30 minutes (optional) or serve immediately.



Creamy Broccoli Quinoa Salad

Gently roasted broccoli, protein-rich quinoa, and a lemony-tahini cashew cream sauce to create a nutritional powerhouse of a meal. You might even find yourself forgetting that cheese even exists (kidding...but maybe!).

for the salad:

4 cups broccoli florets
1 cup cooked quinoa
Juice of 1 lemon
1 tablespoon oil
Salt & pepper to taste
Creamy dressing

for the dressing:

½ cup raw cashews, soaked for 4 hours
1 cup water
2 tablespoons tahini
2 garlic cloves
2 tablespoons cooked quinoa
Salt & pepper to taste

1. Preheat oven to 400 degrees F. Toss broccoli in oil and season with salt and pepper. Transfer to a baking sheet and roast until golden brown and softened slightly, about 15 - 20 minutes.
2. While broccoli is roasting, prepare dressing. Pour cashews into a fine mesh strainer and rinse until water runs clear.
3. Transfer to a high powered blender and add remaining ingredients. Blend on high until creamy.
4. When broccoli is done, remove from oven and transfer to mixing bowl. Add quinoa, drizzle with lemon juice and toss to combine.
5. Pour dressing over broccoli-quinoa mixture and stir until evenly coated.
6. Serve immediately (for a warm salad) or chill in fridge for at least two hours.



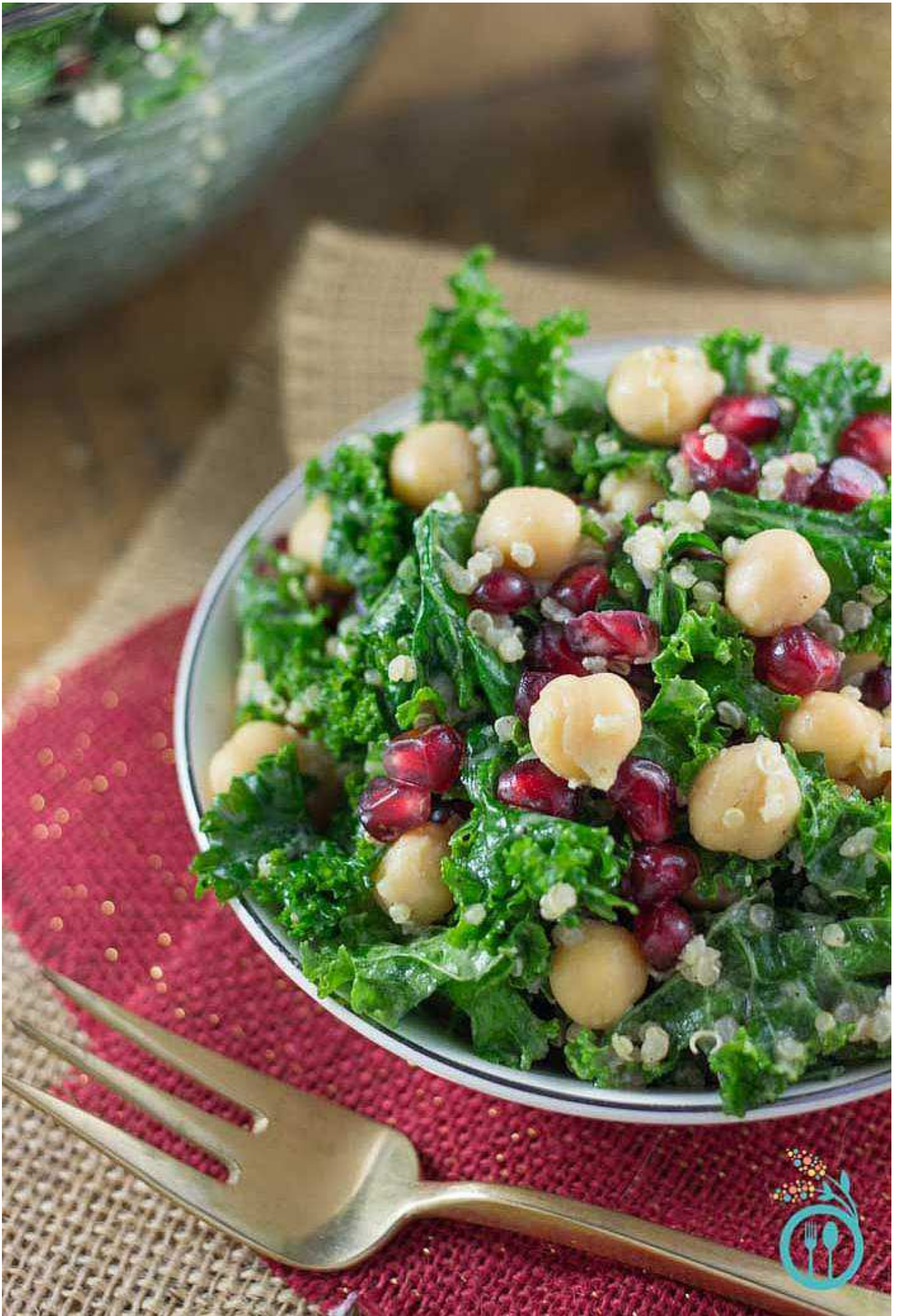
Smashed Chickpea Quinoa Salad

This is a potato-free (and vegan!) version of a classic salad that's packed with protein. This smashed chickpea salad can be served on a sandwich, in a wrap or even as a dip. It's even delicious on it's own!

for the salad:

1 (15 oz) can chickpeas	2 tablespoons olive oil
1 cup cooked quinoa	2 tablespoons mustard
1 large tomato, diced	1 teaspoon Sriracha sauce (optional)
½ a cucumber, diced	Juice of 1 lemon
½ medium onion, diced	1 - 2 teaspoons dried dill
1/4 cup vegan mayonnaise	Salt & pepper to taste

1. Rinse and drain chickpeas and add to a large bowl. Using a potato masher or fork, mash chickpeas until mostly crushed but still some beans remain intact.
2. Add quinoa, tomato, cucumber, and onion and set aside.
3. In a small bowl, whisk together the mayonnaise, oil, mustard, sriracha, lemon juice and spices.
4. Pour over salad and stir until all ingredients are coated. Taste and adjust seasonings.
5. Serve immediately or chill in fridge for 1 - 2 hours. Salad can be made 1 - 2 days ahead of time (or can be used as leftovers).



Christmas Kale + Quinoa Salad

Don't let the name fool you, this salad is perfect anytime of year! Massaged green kale with an olive oil, lemon juice, tamari and raw tahini dressing then tossed with, pomegranate seeds, chickpeas and quinoa.

for the salad:

1 large bunch green kale	Seeds of 1 pomegranate
2 tablespoons olive oil	1 (15oz) can organic chickpeas
2 teaspoons lemon juice	1 cup cooked quinoa
1 - 2 teaspoons wheat-free tamari (depending on your tastes)	Salt & pepper to taste
2 - 3 tablespoons tahini	

1. Wash your kale, then tear the leaves from the stem and add them into a large mixing bowl. You want the pieces to be bite sized.
2. Add olive oil, lemon juice, tamari and tahini to the bowl with the kale. Massage kale with your hands until it begins to soften or wilt, about 1 - 2 minutes. (Don't be afraid to use your muscles!)
3. Add pomegranate seeds, chickpeas and quinoa and toss to combine.
4. Season with salt and pepper (if desired) and serve immediately.



Vegan Cream of Mushroom Soup

This is the tastiest, simplest and healthiest cream of mushroom soup ever. It's free of all of the top allergens and has a secret ingredient that lends a super creamy texture without loading it with healthy fats!

for the soup:

1 medium white onion, chopped	1 cup cooked quinoa
1 lb mushrooms, stemmed and chopped (any variety will do)	2 tablespoons chopped rosemary
2 garlic cloves, minced	½ teaspoon dried thyme
3 cups organic vegetable broth	Pinch of red pepper flakes
1 large avocado	Sea salt and pepper to taste
	Olive oil for cooking

1. In a large sauce pan, heat oil over medium heat. Add onions, garlic and mushrooms and saute until onions are translucent and mushrooms have softened, about 5 minutes.
2. Add broth and spices. Bring soup to a boil, then reduce to simmer for 15 - 20 minutes. Taste and adjust seasonings as desired.
3. Remove soup from heat and transfer to a high powered blender. Add quinoa and avocado and blend on high until smooth. Return soup to pot, taste again and add any more seasonings if you'd like.
4. Serve immediately and enjoy!



© queen of quinoa

Super Healthy Green Soup

Thick, creamy and lusciously green – this is a soup to calm your nerves and soothe your soul. We use quinoa to add protein and you'll get a full dose of veggies with each bite

for the soup:

3 cups broccoli crowns	2 garlic cloves, minced
2 tablespoon olive oil, plus more to garnish (optional)	1 ½ cups chicken or vegetable broth
1 (10 oz) package frozen spinach	1 ½ cups filtered water
1 (10 oz) bag frozen peas	Salt & pepper to taste
1 shallot, diced	Chili flakes to garnish (optional)

1. Preheat the oven to 425 degrees F. Spray a baking pan with non-stick cooking spray and set aside.
2. Toss broccoli with 1 tablespoon olive oil, sprinkle with salt and pepper, and add to the baking sheet. Roast for 15 – 20 minutes, until broccoli has softened and browned. Rotate half way through.
3. While the broccoli is roasting, heat the remaining 1 tablespoon of oil in a large sauce pan over medium heat. Add garlic and shallot and saute until fragrant, 2 – 3 minutes. Add the spinach, peas and liquid and bring to a boil, stirring constantly until spinach has thawed. Season with salt and pepper. Turn down to a simmer and cover.
4. When broccoli is done, add to the pot and keep covered for
5. another 5 minutes.
Remove the soup from the heat and, in batches, blend on high until smooth. Return to the pot, season with additional salt and
6. pepper to taste.
Serve immediately. Garnish with a drizzle of oil or chili flakes.

LUNCH + DINNER



herb roasted salmon // quinoa mac and cheese // vegetarian quinoa chili
// tofu quinoa stir fry // vegan quinoa meatballs // collard wraps



Herb + Roasted Garlic Salmon

An easy weeknight meal, this baked salmon recipe is smothered with herbs and roasted garlic then served over a shredded brussel sprout quinoa salad made with toasted walnuts and a maple-lemon vinaigrette.

for the salmon:

3 lbs salmon
½ cup fresh parsley, finely chopped
⅓ cup fresh sage, finely chopped
1 head of garlic
3 tablespoons olive oil
Salt & pepper to taste

for the quinoa salad:

4 cups cooked quinoa
1 lb brussel sprouts
½ cup walnuts, toasted and chopped
1 tablespoon lemon juice
1 tablespoon maple syrup
1 tablespoon dijon mustard
Salt & pepper to taste

1. Preheat the oven to 400 degrees F.
2. Chop top off of garlic, place on a piece of tinfoil and drizzle with olive oil. Wrap tinfoil around garlic and roast for 15 - 20 minutes, until garlic is soft and fragrant. Remove from oven and turn off heat.
3. When garlic is cool enough to handle, squeeze flesh into a small ramekin. Add herbs and olive oil and mix to form a thick paste.
4. Place salmon on a large, greased baking sheet. Sprinkle with salt and pepper then top with herb mixture. Marinate salmon in the fridge for 2 - 3 hours (up to overnight if 100% fresh).
5. When ready to roast, preheat oven to 350 degrees F. Slow roast salmon for 45 - 60 minutes until flesh is cooked and flakes easily with a fork. Remove and let cool for 5 minutes before serving.
6. While salmon is roasting, prepare the salad by shredding the brussel sprouts (either with a box grater or a food processor grater). Gently steam them in a non-stick pan with a little water, then transfer to a mixing bowl.
7. Add quinoa and remaining ingredients and toss to combine. Serve salmon over 1 - 2 cups of the quinoa salad.

5 INGREDIENT
quinoa
mac n' cheese



Quinoa Mac and Cheese

A mac and cheese with no heavy cream or milk? The sauce is made from butternut squash and instead of noodles we're using quinoa. Basically it's a 100% guilt free mac n' cheese recipe that your entire family will gobble up!

for the mac and cheese:

- 1 small butternut squash
- ¼ cup almond milk
- 1 tablespoon dijon mustard
- 3 - 4 cups cooked quinoa
- 1 cup goat cheddar (or shredded cheese of choice)

1. Preheat oven to 375 degrees F.
2. Peel and seed butternut squash. Chop into 1" chunks, add to a stock pot, cover with 1" of water and boil until fork tender, about 15 minutes. Drain and transfer to a blender.
3. Add almond milk and dijon mustard into blender and blend on high until silky smooth and creamy. Add more milk as needed - texture should be thick, but easily pourable.
4. Transfer to a bowl and add quinoa and cheese. Stir until
5. combined.
Spoon mac n' cheese into ramekins (or baking dish), smooth tops
6. and bake for 20 - 30 minutes, until bubbly.
Remove from oven, cool slightly and enjoy immediately.



Spicy Vegetarian Quinoa Chili

This slow cooker quinoa chili is sure to cure those winter blues with just one bowl. It's vegetarian and spicy, but the good kind of spicy that awakens the senses and brings the flavors of this chili to life.

for the soup:

1 large onion, chopped	½ cup uncooked quinoa
2 bell peppers, seeded & chopped	1 - 1 ½ tablespoons chili powder
1 ½ cups diced sweet potato	2 teaspoons cumin
3 garlic cloves, minced	2 teaspoons paprika
2 habanero peppers, diced (optional)	1 teaspoon coriander
1 (25 oz) can of organic kidney beans	½ teaspoon cayenne (more or less to taste)
1 (15 oz) can organic black beans	½ teaspoon dried oregano
1 (28 oz) can of fire roasted tomatoes	Salt & pepper to taste
1 (15 oz) can organic tomato sauce	2 - 3 tablespoons gluten-free cornmeal
2 cups water	

1. Add all ingredients into a crock pot (minus the cornmeal). Turn on high and cook for 4 hours, turn down to low and continue to cook until ready to serve.
2. Stir in cornmeal 15 minutes before serving.
3. Serve with shredded cheese, sour cream, fresh cilantro, avocado, etc. Whatever you like best - you can't go wrong!



Tofu + Broccoli Quinoa Stir Fry

The base of these pancakes is just oats and quinoa flakes, so your pancakes are packed with fiber, protein and other fill-you-up nutrients. Then we add in banana, peanut butter, almond milk and an egg. Perfection!

for the stir fry:

- | | |
|--|--|
| 1 block, extra-firm tofu | 3 tablespoons rice vinegar |
| 3 cups broccoli florets | ¼ cup green onions, thinly sliced |
| 2 - 3 cups cooked quinoa | 2 tablespoons black sesame seeds
(optional) |
| 2 tablespoons gluten-free soy
sauce | |
| 1 tablespoons sesame oil | |
| 1 tablespoons asian hot sauce | |

1. Preheat oven to 400 degrees F.
2. Cut the tofu into 1-inch cubes. Place on a baking sheet and bake for 25 - 35 minutes, until tofu has crisped up. Stir it around a few times so as not to burn it.
3. While tofu is baking, steam the broccoli florets. Place the florets in a steamer basket and steam until just tender. Remove from heat.
4. Whisk together the soy sauce, sesame oil, hot sauce, rice vinegar and scallions. Set aside.
5. When tofu is done baking, preheat a skillet or wok over medium high heat. Add broccoli, tofu and quinoa and cook for 2 - 3 minutes until warm. Add sauce, toss to coat and cook for another 1 - 2 minutes. Add sesame seeds (if using) and stir to incorporate.
6. Remove the stir-fry from the heat and transfer to bowls.



Vegan Quinoa Meatballs

Love spaghetti and meatballs? This recipe for vegan quinoa meatballs is not your average Italian feast. These beauties pack all the flavor of classic meatballs but without the cruddy ingredients. They're clean and green!

for the meatballs:

2 tablespoons olive oil
½ medium onion, chopped
1 lb button mushrooms, stemmed and chopped
1 teaspoon dried basil
1 teaspoon dried parsley
1 teaspoon dried oregano
1 teaspoon red chili flakes
½ cup sunflower seeds

1 (15 oz.) can cooked lentils, drained and rinsed
1 cup cooked quinoa
2 - 3 tbsp chickpea flour
1 - 2 tablespoons nutritional yeast
Salt & pepper to taste

for the noodles:

3 medium zucchini
1 (25 oz) jar organic tomato sauce

1. Preheat the oven to 350 degrees F. Lightly spray a baking sheet with cooking oil and set aside.
2. In a large skillet, heat oil over medium heat. Add onions and mushrooms and cook until onions are almost translucent and the mushrooms have softened, about 5 minutes. Add seasonings and cook 1 minute more.
3. While mixture is cooking, add sunflower seeds to a food processor and pulse until coarse. Add onion-mushroom mixture along with half of lentils and pulse until mixture is coming together, 10 - 15 pulses. Transfer to a bowl.
4. Add remaining lentils, quinoa, chickpea flour and nutritional yeast (if using) and stir together to form a dough. Season with salt and pepper.
5. Shape dough into golf ball-sized meatballs and place on baking sheet.
6. Repeat until no dough remains.
7. Bake on center rack for 30 minutes, flipping halfway through, until balls are browned and crispy on the outside. Remove and let sit for 5 - 10 minutes.
8. While balls are resting, spiralize the zucchini (using this spiralizer). Cut into spaghetti sized noodles and place in serving bowls.
9. Heat sauce over medium-low heat until bubbling. Pour over noodles and top with three meatballs.
10. Sprinkle with additional red pepper flakes and nutritional yeast if desired.



Quinoa Collard Wraps

If you're a sandwich lover, this is for you! Next time you're reaching for those overpriced gluten-free wraps at the grocery store, stop in the produce section and pick up a bunch of collards.

for the wraps:

2 collard leaves

¼ cup hummus, divided

¼ cup cooked quinoa, divided

Veggies for topping (cucumber, carrot, tomato, etc.)

1. Rinse and dry your collard leaves, chop off the large stem at the bottom and shave off the thicker part that goes up into the leaf so it's easier to wrap.
2. Lay collard down stem side up. Spread 2 tablespoons of hummus in the center of each leaf (following the stem), top with 2 tablespoons of quinoa and desired veggies.
3. To wrap, turn the collard so the stem and hummus-veggie pile is perpendicular to your body. Fold in the sides, fold the side closest to you over the veggies, then continue rolling until everything is nice and snug inside.
4. Slice in half on the diagonal, and secure with toothpicks if needed.

SWEETS



vegan cherry ice cream // healthy pear + apple crisp //
"reese's" quinoa crispy treats // 5-ingredient quinoa fudge



Vegan Cherry Ice Cream

This vegan cherry ice cream will change your whole mind about what's possible for dairy-free ice cream lovers. So if you haven't jumped on the banana ice cream train yet, this is your chance!

for the ice cream:

- 3 frozen bananas
- 1 teaspoon pure vanilla extract
- ¼ cup cooked quinoa
- Almond milk, as needed
- 1 - 1 ½ cup fresh cherries, pitted chopped

1. Add frozen bananas to the bowl of a food processor. Process until broken up.
2. Remove lid and add vanilla. Process again until starting to become smooth.
3. Remove lid and add quinoa. Process until completely smooth and creamy. Add splashes of almond milk to get the right consistency. You want it to be smooth like soft serve ice cream.
4. Remove lid, add cherries and pulse to combine (2 - 3 pulses). Transfer to a freezer-safe container and freeze for 30 minutes. Remove and serve.
5. Garnish with chocolate chips (especially if you love Cherry Garcia!).



Pear + Apple Quinoa Crisp

Made with simple, pure, whole-food ingredients, this pear and apple crisp is a super healthy dessert (that you could even have for breakfast!). No guilt, and no sacrificing any of that decadent flavor.

for the crisp:

3 large apples, peeled	¼ cup melted coconut oil
2 pears	⅓ - ½ cup Grade B maple syrup
½ cup coconut sugar	½ cup toasted quinoa flour
Juice of ½ a lemon	2 teaspoons cinnamon
2 cups gluten-free oats	
1 cup cooked quinoa	

1. Preheat the oven to 350 degrees F. Grease a pie pan and set it aside.
2. Remove the cores from the apples and pears and thinly slice.
3. Add into a large mixing bowl and sprinkle with coconut sugar and lemon. Toss to combine.
4. In a separate mixing bowl, combine the oats, quinoa, coconut oil and syrup. Mix to combine. Add quinoa and mix again until mixture starts to hold together when you press it between two fingers. Sprinkle with cinnamon and mix until just combined.
5. Transfer fruit to the prepared pie plate. Cover with topping and bake on the center rack for 35 - 45 minutes until the fruit is bubbling and the topping has browned. If the topping is browning too quickly, simply cover with tin foil until the filling is done.
6. Serve immediately (or top with vanilla ice cream and maple syrup) and enjoy!



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"Reese's" Quinoa Crispy Treats

These vegan, gluten-free desserts are packed full of the best combo possible. They're super peanut-buttery, chocolate-covered quinoa crispy treats that make for a fabulous guilt-free dessert.

for the treats:

2 ½ cups quinoa crispies
¼ teaspoon salt
½ cup peanut butter
½ cup raw honey
4 oz dark chocolate

1. Mix the quinoa crispies and salt together in a large mixing bowl and set aside. Line a square baking dish (8" x 8" should do the trick) with parchment paper.
2. In a small sauce pan, heat the peanut butter and honey together. Stir until its liquidy and easy to pour. Pour it over the quinoa mixture and stir with a wooden spoon until everything is combined. Transfer the mixture to your prepared baking dish, and flatten with the back of a plastic spatula. Place in the refrigerator while you melt the chocolate.
3. Melt the chocolate over a double boiler. Once melted, remove the quinoa bars from the fridge and pour the chocolate mixture over them. Tilt the pan to ensure they are entirely coated.
4. Return the dish to the fridge and until cool and the chocolate has completely hardened.
5. It's best if you can wait for a few hours, but if you're antsy (like me!), then you can probably get away with throwing them in the freezer for 15 – 20 minutes, although they won't be as tasty.



5-ingredient Quinoa Fudge

This quinoa fudge is rich, decadent, a pure indulgence. But we've skipped out on all the bad stuff and added in healthy, whole-food ingredients, making your dessert less of a true dessert and more of an energizing snack!

for the fudge:

½ cup uncooked quinoa
8 medjool dates
2 tablespoons cocoa powder
1 tablespoon coconut oil, melted
3 - 4 tablespoons water
Flaked sea salt (optional)

1. In a dry skillet, toast the quinoa on medium heat until it begins to pop and is fragrant, about 1 - 2 minutes. Toss it a few times to ensure even toasting.
2. Add quinoa to a high powered blender and blend on high until it resembles the texture of flour. Transfer to a food processor.
3. Add dates, cocoa powder and coconut oil. Process until combined.
4. With processor running, add water 1 tablespoon at a time until a dough has formed.
5. Line a small container (sandwich sized works great) with plastic wrap. Press dough into container and smooth with hands.
6. Sprinkle with sea salt (if using).
7. Place in freezer for 3 - 4 hours until set.
8. Remove from freezer, a cut into small, ½" squares (remember these are bite sized!). Store in freezer and enjoy whenever the chocolate craving hits!



Hi there! I'm Alyssa, the writer and photographer behind Simply Quinoa. My blog is dedicated to simple and delicious meals that will inspire you to lead a healthier life. I'd love for you to browse through my recipes or check out my other ebook, **Baking with Quinoa**, for even more healthy inspiration. Thanks for reading!

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