

## **Crispy Quinoa Bites**

*Based on the recipe from So Very Blessed*

### Ingredients

3 cups cooked quinoa, cooled to room temperature  
3 large eggs  
1 1/2 cups shredded carrot  
3 stalks green onion, diced  
3 cloves garlic, minced  
1/3 cup fresh cilantro, chopped  
3/4 cup grated Parmesan cheese  
3 Tablespoons flour  
1/2 teaspoon season salt  
1/4 teaspoon ground pepper

In a large bowl, combine all ingredients and stir to combine. Make sure the eggs coat everything to help the bites stick together.

*Note: Read the package instructions carefully before you cook the quinoa. My package suggested rinsing the grains before boiling to get rid of excess residue (that apparently tastes nasty). Allow the cooked quinoa to come to room temperature before adding to the rest of the ingredients.*

Using a small cookie scoop or spoon, scoop heaping tablespoons of the mixture into greased mini-muffin tins.

Bake at 350 for 15-20 minutes or until just golden and crisp.

Remove to wire rack. Serve slightly warm or at room temperature.

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