



## **Adventure Ingredient: White Quinoa**

### **Quinoa Blueberry Breakfast Muffins**

*With plenty of protein to start your day*

- 1/2 cup cooked white quinoa (\*see cooking directions)
- 1/4 cup unsalted butter, melted
- 1 teaspoon grated orange peel
- 3/4 cup all-purpose flour
- 1/4 cup white whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground sea salt
- 3/4 cup plain Greek yogurt
- 2 Tablespoons honey
- 1 teaspoon vanilla

1 egg  
1/4 cup fresh blueberries  
White or red sanding sugar as desired  
Optional Orange Glaze: recipe follows

Preheat oven to 375 degrees F. Place 9 muffin or cupcake liners into cupcake pan.

**Prepare Cooked Quinoa:** Follow the directions on the attached recipe from Organic Truroots Quinoa or use your quinoa package directions. Set aside 1/2 cup cooked white quinoa for the muffin recipe to cool.

**Flavor the Butter:** In small bowl, combine melted butter and orange peel; set aside.

**Combine Dry Ingredients:** In mixing bowl, stir together all-purpose flour, whole wheat flour, baking powder, baking soda, ground cinnamon, cooked quinoa, and salt.

**Prepare the Batter:** In separate bowl, mix yogurt, honey, vanilla, and egg; Add cooled cooked quinoa. Stir in reserved melted butter. Add wet ingredients to dry ingredients; stir only until batter forms. Gently fold blueberries into batter in mixing bowl.

**Bake the Muffins:** Spoon batter evenly into each muffin cup, filling about 3/4 full. Sprinkle each muffin top with sanding or coarse granulated sugar. Bake in 375-degree oven for about 20 minutes until golden brown and tests done with toothpick. Let muffins cool in pan for about 10 minutes for easier removal. Remove; cool completely. If desired, lightly drizzle with orange glaze. Yield: 9 muffins

**Optional Orange Glaze:** In small bowl, stir 1/3 cup confectioners' sugar and about 1/2 Tablespoon orange juice until glaze forms. Lightly drizzle over cooled muffins as desired.

**\*Cooking Directions Adjusted from Organic Truroots Quinoa Recipe:**  
Bring 1 cup water in a medium pot to a boil.  
Stir in 1/2 cup quinoa; cover; simmer over low heat for about 15 minutes or until tender and water is absorbed.  
Remove from heat; let stand covered for 5 minutes.

Fluff with fork – Makes about 1-1/3 cups  
Set aside any remaining quinoa for another use.

**Cook's Note:** Be careful not to overcook the quinoa or it will be gummy. If you prefer, add dried fruits or raisins in place of the fresh berries. I found that putting one or two blueberries in each muffin created a moist but delicious breakfast treat.

**About the Recipe:** Start your day off with a moist, nutty-flavored muffin, filled with some fresh berries and a delicious rice-like texture. Quinoa is a superfood that is a healthy addition to the breakfast scene.