



Featured Grain: Quinoa Flour– America – Dominate Grain in South America

Berry Brownie Cookies

These cookies are gluten free and a nutritious way to enjoy a brownie.

1/4 cup Dutch or regular cocoa

1/3 cup and 2 Tablespoons toasted quinoa flour

1/4 teaspoon baking powder

1/4 teaspoon fine salt

1/2 to 1 teaspoon dried ground vanilla

2 to 4 Tablespoons dried strawberries or raspberries, crushed

1/4 cup unsalted butter, melted

8 ounces 61% dark chocolate, crushed into small pieces

3/4 cup granulated sugar

2 large eggs

Topping as desired: 2 Tablespoons chopped pecans; coarse salt as desired

Drizzle: about 1/3 cup dark chocolate, melted if desired

Preheat oven to 350 degrees F. Line two cookie sheet

- In a medium sized bowl, stir together cocoa, quinoa flour, baking powder, salt, ground vanilla and crushed dried berries. Set aside.

- In an ovenproof bowl, place butter and chocolate pieces. Microwave on high power for 30 seconds to 1 minute; stir continue cooking until chocolate is melting; stir until chocolate is smooth. Set aside to cool.
- In a mixing bowl, beat granulated sugar and eggs on medium high speed until light and fluffy; about 5 minutes.
- Lower the speed of the mixer; pour in the melted chocolate while the motor is still running. Then lower the speed; add the flour mixture; scrape down the sides of the bowl occasionally. The mixture should be in be thick. Set aside to rest for 10 minutes.
- Using a 1-1/2 Tablespoon cookie scooper or spoon, place dough on parchment lined cookie sheet, about 8 per cookie sheet.
- Lightly flatten top of each cookie, sprinkle with 1/4 to 1/2 teaspoon fine chopped pecans, and a sprinkle of coarse salt if desired.
- Bake in 350-degree F. oven for about 10 to 12 minutes. At 10 minutes, the centers will be soft.
- Remove from oven; let rest about 10 minutes; remove to cooling rack to cool completely. If desired, drizzle with melted chocolate. Yield: 17 cookies

For the best result, store uneaten cookies in an air tight container in the refrigerator.

Recipe Inspired by: georgeats.com

About the Recipes: The crinkle topped brownie cookies are gluten free and use wholegrain quinoa flour. They are easy to make and full of rich chocolate flavor. A bonus is that they are high in protein and nutritious. Add a touch of vanilla and berry flavor, using crushed dried berries. A little sprinkle of salt over the top adds a nice contrasting flavor.

What is Quinoa Flour?

Quinoa is a “pseudograin” because it’s similar to grains in nutrients and used like a grain. It is an ancient South American grain, and the majority is produced in Bolivia and Peru. Recently, it was recognized as a “superfood” since it has a high nutritional content. It has a denser texture and provides a natural flavoring. Its flavor is nutty with a slightly sweet earthy flavor. Since it is so absorbent, it can burn easily. Increasing the amount of liquid in the recipe or reducing the oven temperature will help when baking. Quinoa flour might have some bitterness so toasting the flour eliminates that problem. Using this flour is a great way to get more fiber, vitamins, and minerals, and it’s a great alternative for anyone who is allergic to gluten.

How to Toast Quinoa Flour (Traditional Method)

It’s less likely to burn and can be used for larger amounts

1 (bag) ground quinoa flour

1. Preheat oven to 300 degrees F.
2. Pour quinoa flour onto a parchment lined baking pan with edges; spread evenly.

3. Bake on the center rack for about 1 hour, mixing flour around every 20 minutes. This prevents burning the flour.
4. Check after one hour; keep cooking for 20 minutes intervals until the flour is uniform golden brown with no light areas.
5. Cool completely before using or storing it.

Recipe from: simplyquinoa.com