



QUINOA SLICE



Treat

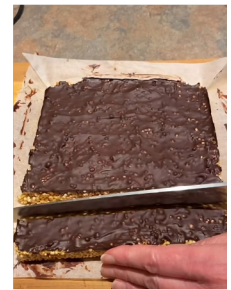


20 min

Ingredients

- 2 Tablespoons of honey
- 2 Tablespoons of butter
- ½ cup of smooth peanut butter
- 2 ½ cups of puffed quinoa
- 50grms of dark chocolate

GF DF V



Method

Place the honey, butter and peanut butter into a small pot and heat, on a low temperature, until melted.

Place the puffed quinoa in a large bowl and pour the melted peanut butter mixture into the bowl. Stir the ingredients until they are well mixed and the quinoa is covered in the peanut butter mixture.

Line a square tin with baking paper, and pour the Quinoa mixture into the base of the tin, pressing it down firmly with a spatula or spoon.

Melt the dark chocolate in the microwave or in a bowl over a pot of hot water. Pour the melted chocolate over the top of the smoothed quinoa and spread it evenly with a spatula or knife.

Cool for about 10 to 15 minutes in the fridge, to set the chocolate and the base.

Cut into squares with a sharp knife. Keep in a plastic container in the fridge, especially in summer time.

This easy sweet treat is still quite good for you!

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui
Suzy