

Broccoli Cheddar Quinoa Cups

Prep: 30 min Cook: 15 min Total: 45 min Servings: 24

Calories: 70 Fat: 3g Protein: 4g Carbs: 5g Fiber: 1g

Ingredients

- 3 cups Organic Quinoa (or one cup dry)
- 1 cup finely chopped broccoli florets (about one small broccoli crown)
- 1 1/2 cups shredded cheddar cheese
- 4 eggs beaten
- 1/4 cup milk of choice
- 1 garlic clove minced
- 1/2 tsp onion powder
- 1/2 tsp onion powder

Optional add-ins:

- 1/4 tsp salt

Directions

1. Preheat the oven to 350oF. Lightly spray a mini muffin tin with cooking spray, or use a silicone muffin tin.
2. In a large bowl, combine the cooked quinoa, broccoli florets, and shredded cheese.
3. In a smaller bowl, beat the eggs. Add the garlic, onion powder, paprika, and salt (if using), and mix well.
4. Pour the egg mixture into the quinoa mixture and stir until everything is evenly incorporated.
5. Divide the mixture evenly among the mini muffin cups. Use a spatula or spoon to press the mixture down firmly into each cup.
6. Bake for 15 minutes, or until the bites are set and lightly golden.
7. Let cool for a few minutes before removing from the muffin tin. This helps the quinoa bites hold their shape.
8. Serve warm or at room temperature.
9. Enjoy your Broccoli Cheddar Quinoa Cups!