

No-Bake Chocolate Quinoa Crunch Clusters: Healthy & Delicious Bites!

Chocolate Quinoa Crunch Clusters



TIME
30 min

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INGREDIENTS

- 1 cup cooked quinoa
- 1 cup rolled oats
- 1 cup almond butter
- 1/2 cup honey or maple syrup
- 1/2 cup cocoa powder
- 1/2 cup dark chocolate chips
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/4 cup chopped nuts (optional)
- 1/4 cup shredded coconut (optional)

DIRECTIONS

- Combine : Dry Ingredients:** In a large mixing bowl, combine the cooked quinoa and rolled oats. Mix them together using a spoon or spatula until they are evenly blended.
- Whisk : Wet Ingredients:** In a separate medium-sized bowl, whisk together the almond butter, honey or maple syrup, cocoa powder, and salt. Continue whisking until you have a smooth, creamy, and well-combined mixture.
- Add : Vanilla:** Stir the vanilla extract into the almond butter blend, making sure it's fully incorporated.
- Combine : All Ingredients:** Pour this delicious wet mixture over the quinoa and oats combo in the large bowl. Using a sturdy spatula or your hands, fold everything together until those dry ingredients (quinoa and oats) are nicely coated with the chocolatey almond butter mixture.
- Fold in : Add-ins:** If you're feeling adventurous, now is the time to toss in the dark chocolate chips, chopped nuts(optional), and shredded coconut (optional). Fold them in gently until they are evenly distributed throughout the mixture.
- Form : Clusters:** Line a baking sheet with parchment paper. Scoop out spoonfuls of the mixture (about 1-2 tablespoons each) and drop them onto the prepared sheet, forming little clusters.
- Shape : Clusters:** Gently press each cluster down with the back of a spoon or your fingers to help them hold their shape. This also makes them a bit easier to eat.
- Chill:** Pop the tray into the fridge and let them chill for at least 30 minutes. This chilling time is crucial

for the clusters to set and become firm, which is worth the short wait!

9. **Store:** Once set, store your tasty clusters in an airtight container in the fridge for up to a week. They're so delicious, though, they might not last that long!

SWAPS & NOTES

Cooked Quinoa: Ensure your quinoa is fully cooled before mixing.

Using warm quinoa can make the mixture too soft.

Leftover quinoa works perfectly here!

Rolled Oats: Quick oats can be used, but rolled oats provide a better chew and texture.

TIPS FOR SUCCESS

Cool Quinoa: Always use cooled, cooked quinoa.

Hot quinoa will melt the almond butter and make the mixture too runny.

Mix Thoroughly: Ensure all the dry ingredients are fully coated with the wet mixture for the best flavor and binding.

Chill Time is Key: Don't rush the chilling process.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/no-bake-chocolate-quinoa-crunch-clusters-healthy-delicious-bites/>