

Chocolate Quinoa Crunch Clusters: Healthy, No-Bake & Delicious Snack

Chocolate Quinoa Crunch Clusters: Your New Favorite Healthy, No-Bake Treat!



TIME
30 min

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ChefManiac

INGREDIENTS

- 1 cup cooked quinoa, cooled
- 1 cup rolled oats (old-fashioned oats)
- 1 cup almond butter (creamy or crunchy)
- $\frac{1}{2}$ cup honey or maple syrup
- $\frac{1}{4}$ cup cocoa powder (unsweetened)
- $\frac{1}{4}$ cup dark chocolate chips
- ... teaspoon salt
- 1 teaspoon vanilla extract
- ... cup chopped nuts (optional, e.g., almonds, walnuts, pecans)
- ... cup shredded coconut (optional, unsweetened or sweetened)

DIRECTIONS

1. **Combine Dry Base Ingredients:** In a large mixing bowl, combine the 1 cup cooked quinoa (cooled) and 1 cup rolled oats. Mix them together with a spatula or spoon until they are evenly blended.
2. **Whisk Wet Chocolate Mixture:** In another separate medium bowl, whisk together the 1 cup almond butter, $\frac{1}{2}$ cup honey or maple syrup, $\frac{1}{4}$ cup cocoa powder, and ... teaspoon salt until you have a smooth, creamy, and consistent mixture. This will be your rich chocolate binder.
3. **Stir in Vanilla:** Stir the 1 teaspoon vanilla extract into the almond butter blend, making sure it's fully incorporated.
4. **Combine All Ingredients:** Pour this delicious wet chocolate 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 are nicely coated and the mixture is uniformly combined.
5. **Fold in Optional Mix-ins:** If you're feeling adventurous and using them, toss in the $\frac{1}{4}$ cup dark chocolate chips, ... cup chopped nuts, and ... cup shredded coconut. Gently fold them into the mixture until they are evenly distributed.
6. **Form Clusters:** Line a baking sheet with parchment paper. Scoop out spoonfuls (about 1-2 tablespoons each) of the mixture and form them into little clusters directly on the prepared sheet. They don't need to be perfectly round; their rustic shape is part of their charm!
7. **Press & Chill:** Gently press each cluster down slightly to help them hold their shape and flatten

them a bit. Pop the tray in the fridge and let them chill for at least 30 minutes, or until they are firm and set. It's definitely worth the wait, as chilling allows them to firm up and become perfectly crunchy!

8. Store: Once set, carefully transfer your tasty clusters to an airtight container. Store them in the fridge for up to a week (if they last that long!).
9. Enjoy these crunchy delights guilt-free!

SWAPS & NOTES

Quinoa: Ensure your quinoa is fully cooked and cooled before mixing.

It adds a fantastic texture and nutritional boost.

Rolled Oats: Old-fashioned rolled oats work best for texture.

Quick oats can be used, but the texture might be softer.

TIPS FOR SUCCESS

Cooled Quinoa: Ensure your cooked quinoa is completely cooled before mixing.

Warm quinoa can make the mixture too soft.

Squeeze Cooked Quinoa (Optional): If your quinoa seems overly wet, you can lightly press it with a paper towel to remove excess moisture after cooking and cooling.

Mix Thoroughly: Make sure all the dry ingredients are fully coated with the wet mixture for consistent flavor and binding.

