

Gluten-Free No-Bake Quinoa Almond Protein Cookies

Description

For the record, we donâ€™t follow a gluten-free diet in our house, but I know itâ€™s a concern for many. That said, most gluten containing foods you find on the store-shelf typically are not the healthiest choices. So, by default, following a healthier diet usually means not having a lot of gluten, which is the case for us.



We love oats ([especially with NuttZo](#)) which are technically gluten-free, but unless theyâ€™re certified gluten-free, they could have traces of gluten due to sharing the same processing facilities with other grains. But thatâ€™s another post, Iâ€™ll spare youâ€™..today.

Although Iâ€™m all about living a healthy lifestyle and avoiding most processed foods, I still have a sweet tooth and feed it frequently. But, I donâ€™t succumb to relying on packaged food to feed my sweet tooth (or anything really), I know Iâ€™ll appreciate it much better by making it myself.

[Michael Pollanâ€™s quote in his book, Food Rules, pretty much sums up my feelings; â€œEat All the Junk Food You Want as Long as You Cook It Yourself.â€](#) If more of us followed this simple mindset, Iâ€™m positive weâ€™d have less health issues today. Itâ€™s something I want to instill in Avery as she grows. Iâ€™m sure after all of that time sheâ€™s spent with me in the kitchen, sheâ€™s already picked up on plenty of dadâ€™s healthy habits.



Practicing how to taste test on the spoon.

She's since moved on from practicing to just actually eating for her taste tests. You know, that's like another lady I know who lives in our house.



Yep, it's good. More please?

Lately, a healthy treat that definitely has her asking for more are these quinoa cookies.



Quinoa has become pretty mainstream, and everywhere you look, you'll find [articles raving about its numerous benefits](#). It's a staple in our home, and I love the versatility it offers to be made into a savory meal or sweet treat. There are not many plant foods that are a complete protein and so versatile; not to mention easy to prepare.

Since I'm always using it to make a [meatless meal](#) with black beans and salsa, I decided to change things up and use quinoa for a delicious protein packed treat.

The best part is how adaptable this recipe is to what you have on hand. Don't have almonds? Use cashews, pistachios, or peanuts. No dried apricots? Dried raisins, dates, or figs would be just as tasty!



No-Bake Quinoa Almond Protein Cookies/Balls/Bars

Ingredients

- 1/2 cup dry quinoa " cooked
- 2 scoops (1/4 cup) protein powder " I used vanilla protein powder sweetened with stevia
- 10 dried apricots
- 1 to 1.5 ounces dry roasted almonds " I only used a handful, but more could be used
- 1/8th tsp salt
- Sweetener to taste " I used 1 packet stevia and 6 drops liquid vanilla stevia

Directions

Process until well combined and roll into balls or press into small brownie pan to make into bars. I pressed the balls with a fork to make cookies, but they taste the same (freakin'™ awesome) either way. These will firm up once left in the fridge.

Give these a try and please let me know how you liked them. Or how you didn't™ like them, but I™m positive that won't™ be case.

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