

Quinoa PB&J Cups

Prep: 15 min Cook: 6 min Total: 1 hr Servings: 12

Calories: 147 Fat: 9g Protein: 3g Carbs: 15g Fiber: 1g

Ingredients

- 1 cup uncooked BetterBody Foods Quinoa
- 1 cup all-natural chunky peanut butter drippy
- 1/4 cup melted coconut oil, divided
- 1/4 cup honey
- 12 tsp raspberry or grape jam
- 1/2 tsp coarse salt

Directions

1. Spray silicone muffin liners or pan with coconut oil, or line a muffin tin with muffin liners. Set it aside.
2. Next, heat a large skillet over medium/high heat and add 2 Tbsp of coconut oil to the pan. When the coconut oil is hot, add the BetterBody Foods Quinoa and toss with the coconut oil. Turn the heat to medium and continue stirring. You will begin to hear popping sounds after a few minutes. Stir the BetterBody Foods Quinoa with a spatula and allow the quinoa to pop and toast. Cook the BetterBody Foods Quinoa for about 5-6 minutes, stirring periodically to allow the quinoa to pop and turn golden brown. Remove the quinoa from the heat and add it to a large mixing bowl.
3. Add the peanut butter, coconut oil, honey, and peanuts to the BetterBody Foods Quinoa and mix until combined. Once combined, add 1.5-2 tablespoons of the quinoa mixture into each muffin cup. Shake the muffin pan to even the peanut butter mixture out.
4. Add 1/2 - 1 teaspoon of jam to each quinoa cup's top and swirl the jam on top of the cup with a knife or a toothpick. Sprinkle each cup with sea salt and place the muffin pan in the freezer for 30 minutes.
5. Remove the cups from the muffin tin into a freezer-safe container and store them in the freezer for up to 3 months.
6. Enjoy your Quinoa PB&J Cups!