



Pumpkin Spice Quinoa Bites

Ingredients:

- $\frac{3}{4}$ cup Nature's Earthly Choice™ Tri-Color Quinoa
- 1 $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup pumpkin puree
- 1 cup oats
- $\frac{1}{2}$ cup nut butter
- $\frac{1}{4}$ cup maple syrup
- 2 tablespoons coconut sugar
- 2 to 3 teaspoons pumpkin spice
- $\frac{1}{2}$ cup mini chocolate chips

Directions:

1. In a small pot, combine the quinoa and water. Bring to a boil then reduce to a simmer. Cook for 15 to 20 minutes, or until quinoa is tender. Fluff and let cool.
2. In a large bowl, combine the quinoa, pumpkin, oats, nut butter, maple syrup, coconut sugar, and pumpkin spice. Stir until the ingredients clump together. If the mixture is too wet, slowly add more oats. Fold in the chocolate chips.
3. Roll into bite-sized balls. Chill for 4 to 6 hours or overnight.