

Quinoa Sugar Cookies

Serving Size: 1 each

Makes: 21 cookies

Ingredients:

4 ½ oz	Quinoa, dry
¾ cup	Water
½ cup	Canola Oil
2 each	Light Brown Sugar
2 tsp	Pure Vanilla Extract
1 each	Egg
2 cup	Orange Zest
¼ tsp	All Purpose Flour
1/8 tsp	Salt
1/3 cup	Baking Powder

NUTRITION FACTS PER SERVING

calories	140
total fat (g)	6
saturated fat (g)	0.5
trans fat (g)	0
sodium (mg)	75
total carbohydrate (g)	18
dietary fiber (g)	<1
sugar (g)	5
protein (g)	1



Preparation:

1. Rinse quinoa under water until water runs clear.
2. Bring water to a boil and stir in quinoa. Simmer 12-15 minutes. Chill.
3. In a bowl, whisk together oil, brown sugar, vanilla, egg, and orange zest.
4. In a separate bowl, whisk together flour, salt, baking powder, and quinoa until evenly mixed. Add wet ingredients to dry. Mix until combined, then use hands to work into a dough.
5. Portion dough into 1 oz cookies and place on a parchment lined sheet tray. Bake in a 325°F oven until golden brown, about 12-15 minutes.



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