



# RECIPES

## Apple Cinnamon & Quinoa Muffin Top Cookies

### INGREDIENTS:

- 1 ½ c. whole wheat pastry flour
- 1 tsp. Kosher salt
- ½ tsp. baking powder
- ½ tsp. baking soda
- 2 tsp. cinnamon
- ½ c. unsalted butter, softened
- ¼ c. sugar
- ¼ c. light brown sugar, packed
- ¼ c. honey
- 2 large eggs
- 1 tsp. vanilla extract
- 1 c. cooked quinoa, cooled
- 1 c. old-fashioned oats
- 1 c. apple, diced (about 1 medium apple)

### INSTRUCTIONS:

1. Preheat oven to 375 degrees. Line two baking sheets with parchment paper.
2. In a medium mixing bowl, whisk together flour, salt, baking powder, baking soda and cinnamon. Set aside.
3. In a large mixing bowl, cream butter, sugars, and honey with a hand mixer until light and fluffy (about 3 minutes). Beat in eggs and extract; continue beating for 2 minutes. Gradually beat in flour mixture. Fold in quinoa, oats, and apple.
4. Spoon two-tablespoon sized balls of dough onto baking sheets, spaced one inch apart. Bake until golden brown, 12-15 minutes. Cool on wire racks.

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