

Quinoa Balls

Bite-size and nutty flavour. Perfect accompaniment to zucchini noodles, pasta, on salad, or as an appetizer.

Categories

Gluten-free

Yields: 10 servings

Preparation time: 20 mins

Cooking time: 45 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Garbanzo beans (chickpeas), canned, drained	15 ounce
Coriander (cilantro, leaves, raw)	0.5 cup
Peanut butter, salted	2 tablespoon
Tamari sauce	2 tablespoon
Quinoa, cooked	1 cup
Onion, white, yellow or red, raw	0.5 cup
Chili garlic sauce, chili garlic	1 x 1 tsp
Walnuts	0.25 cup

Instructions

1. Preheat oven to 350 degrees Fahrenheit. Arrange the rinsed and drained chickpeas on parchment paper lined baking sheet. Bake for 12 to 13 minutes to dehydrate. Remove and set aside. Keep the oven on at 350 degrees.
2. While the chickpeas bake, cook about 3/4 cup of dried rinse quinoa as per instructions. Once cooked set aside. The yield should be one cup.
3. Add chickpeas to a food processor. Pulse to process them or alternatively use a fork to mash them.

4. Add the chickpeas and remaining ingredients to a large bowl. Please note to chop your onion , cilantro and walnuts very finely. You can use any kind of natural 100% peanut butter. The recipe calls for salted but I used 100% natural peanut butter and added a dash of salt after.
5. Combine all ingredients. Taste and adjust seasonings as needed such as adding a dash of salt or ground pepper or any other seasoning that you like.
6. If the mixture is still very wet you can add another quarter cup of crushed walnuts to the mixture. I found one cup to be the perfect amount.
7. Scoop out mixture slightly larger than 1 tablespoon to form balls.
8. Use the same parchment-lined baking sheet and your quinoa balls on top.
9. Bake for 15 minutes. Then take out of the oven and flip them over and bake for another 10 to 15 minutes or desired doneness. Remove from oven. Enjoy. These can be stored in the fridge or freezer once cooled.