

Peanut Butter Chocolate Chip Quinoa Muffins

makes 20

Spelt is a highly nutritious, easily digestible whole grain that is high in both fiber and iron. Though it is not gluten-free, many with gluten intolerances do well with spelt. If you cannot find it, substitute whole wheat or all-purpose flour.

- 2 cups spelt flour
- 1/2 cup + 1 tablespoon powdered peanut butter (found in most grocery aisles next to regular peanut butter)
- 1 tablespoon baking powder
- 1/2 teaspoon kosher salt
- 3 large eggs
- 1/3 cup milk
- 1 1/2 teaspoons vanilla extract
- 3/4 cup honey
- 1/4 cup natural peanut butter
- 1/4 cup light brown sugar
- 2 tablespoons unsalted butter
- 2 tablespoons canola oil
- 1 cup cooked and cooled to room temperature quinoa
- 1 cup semi-sweet mini chocolate chips

1. Preheat oven to 375 degrees. Line a standard 12-cup muffin tin with 12 paper baking liners and another tin with 8 liners.
2. In a large bowl, whisk together flour, powdered peanut butter, baking powder, and kosher salt.
3. In a medium bowl, whisk together eggs, milk, and vanilla.
4. In a small saucepan, warm honey, natural peanut butter, brown sugar, butter, and canola oil over medium-low heat. Whisk until butter has melted and brown sugar has dissolved. Set aside to cool.
5. When honey mixture has cooled, pour it into bowl with egg mixture and whisk to combine. Pour over flour mixture and stir just until blended, being careful not to over mix.
6. Stir in cooked quinoa and chocolate chips. Fill each muffin cup two-thirds of the way full and bake in center of oven until a wood toothpick comes out clean when inserted in center of a muffin, 14-17 minutes.
7. Remove from oven and let cool for a few minutes before enjoying. Store cooled muffins in an airtight container at room temperature.