



QUIRKY QUINOA BUFFALO BITES

(V, DF, GF)

INGREDIENTS

- 1 cup quinoa
- 2 cups vegetable broth (I used low sodium)
- 2 tablespoons vegan butter (I used Miyokos)
- 1/4 cup + 2 tablespoons sriracha or your favorite hot sauce (I used Cholula Chil Garlic)
- 1 tablespoon ground flax seed
- 3 tablespoons cold water
- One recipe of my Vegan Ranchy Rancherson Dressing (or bottled vegan ranch)

DIRECTIONS

1. *Heat the oven to 350 degrees (F). Line the cupcake pans with the liners (either 6 large or 8 small). Set aside.*
2. *Make your “flax egg”: Combine the flax seed and the cold water in a small bowl. Set aside to allow it to gel (this is a replacement for one egg and will hold the bites together).*
3. *Combine the quinoa and the broth in a medium sized sauce pan. Bring to a boil on high heat. Cover and reduce heat to low. Simmer for 15 minutes. Set aside when done.*
4. *Make the Vegan Ranchy Rancherson Dressing. Put in the refrigerator.*
5. *When the quinoa is done (and still hot), remove the lid and add in the butter, hot sauce (add less or more of the recommended amount depending on your tastes) and the “flax egg”.*
6. *Spray the cupcake liners with cooking spray. Using a spoon, put some quinoa mixture into each cupcake liner, packing it down a bit.*
7. *Bake for 25 minutes.*
8. *Remove from oven and top with some Vegan Ranchy Rancherson Dressing and bit more hot sauce if desired.*
9. *Serve, eat and enjoy!*

PREP TIME: 15 MIN

COOK TIME: 30 MINS

TOTAL TIME: 45 MINUTES

RECIPE BY: CAROLYN J. BRADEN

www.carolynsbloomingcreations.com