

## Apple, almond and quinoa bake

### **INGREDIENTS (20 squares) 92kcal, 3g protein, 3g fat, 3g carbs**

140g uncooked quinoa (I like British Quinoa company as low air miles)

1 tsp ground cinnamon

1 tbsp Steenbergs pumpkin pie spice

4 apples, grated

4 eggs, beaten

450ml Rude Health Almond milk

60ml maple syrup

50g flaked almonds

1. Preheat oven to 180c/ 350f/ Gas mark 4
2. Line and grease a 20cm x 15cm tin.
3. Mix together the quinoa and spices.
4. Beat the eggs, almond milk and maple syrup together and pour into the quinoa.
5. Add the grated apple and  $\frac{3}{4}$  of the flaked almonds and mix well.
6. Pour into the prepared tin and sprinkle over the remaining almonds.
7. Bake for about 1 hour or until the mixture is set but not completely dry.
8. Cool before cutting into slices.
9. Store in the fridge and warm before eating.