

# Quinoa Pizza Bites

makes 29 bites

- 2 cups cooked quinoa (\*see note)
- 2 TBS chia powder (along with 4 TBS water to add mid-recipe) — or 2 eggs
- 1/2 cup freeze dried onion flakes — or- 3/4 cup chopped onion
- 1 cup freeze dried, canned or dehydrated veggies of your choice, rehydrated if needed
- 1 cup chopped pepperoni (\*see note)
- 1 cup freeze dried mozzarella cheese -or- 1 cup regular mozzarella
- 1 1/2 cups warm water (for rehydrating veggies)
- 1/2 cup water (not heated, for rehydrating cheese)
- 1/2 cup parmesan cheese
- 1/2 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. paprika
- 1/2 tsp. seasoned salt
- 1 (4 oz.) can pizza sauce, for dipping

Preheat your oven or sun oven if using. Prepare quinoa. While quinoa is cooking, rehydrate all veggies using warm water. Rehydrate cheese by combining with 1/2 cup water (room temperature or cool), allowing to absorb for 5 minutes, draining and placing on a paper towel to pat dry.

In a mixing bowl combine all rehydrated ingredients and other ingredients EXCEPT chia powder, it's 4 TBS water and pizza sauce. Stir to combine then evenly sprinkle the chia powder over all and stir. Finally, add the 4 TBS water and stir again. Allow the mixture to sit for 30 minutes so that the chia powder can absorb the moisture and gel. If using eggs, this last step can be skipped. Just add the eggs to the mixture with the other ingredients .

Scoop by heaping TBS into greased mini muffin cups, pressing down to compact, and bake at 350 (or there about) for 15-20 minutes. Pull out of the oven and allow bites to cool before serving. Serve with pizza sauce for dipping.