

BULL'S BLOOD BEET & QUINOA CAKES

Ingredients

2 medium Beets, grated
1 Cup Quinoa,
uncooked
2 teaspoons Garlic
Powder
1 teaspoon dried
Thyme
2 teaspoons Smoked
Paprika
½ Cup Granola without
fruit, or plain Oats
1 teaspoon Salt
1 teaspoon Black
Pepper

Directions

Cook Quinoa according to packet directions, then spread out on a baking sheet to cool.

Place Granola or Oats into a food processor and pulse until you have a fine breading- this will act as a binding agent.

When ready, combine all ingredients and then divide into equal portions (I use an ice cream scoop)

Flatten into ¾ inch disks and cook over medium heat in a flat wide pan in a little oil for 3-4 minutes per side.