

Nutrition Notes: Protein To Go or Protein Pucks!

Millet Rounds

1-1/2 cups or 375 ml cooked millet
1 cup or 250 ml oatmeal
1/2 cup or 125 ml cashews
1 cup or 250 ml water
1/2 cup or 125 ml onion chopped fine
1/4 cup or 65 ml finely diced bell pepper (red, green, orange or yellow), celery or carrot
1/2 teaspoon or 2.5 ml garlic powder

Blend cashews and water until smooth. Pour cashew milk over other ingredients. Mix well and press in to oiled muffin tin or form into patties and place on a parchment lined baking sheet. Use about 1/3 cup or 78 ml of the mixture for each muffin cup or patty. Makes 6 rounds. Bake at 325°F or 163°C for 15 to 20 minutes. Cool, turn out of tins. Store in the refrigerator. Great for lunch. They are easy to eat with your hands. Serve hot or cold.

Variations

- ♥If you are following an anti-inflammatory diet, eliminate the bell pepper and substitute any other non-starchy vegetable that you like such as the finely diced celery or carrot.
- ♥Experiment with different herbs such as thyme, sage, red pepper flakes or basil.
- ♥Add 1/2 cup or 125 ml whole sunflower, cracked pumpkin seeds or cooked wild rice.
- ♥Use almonds instead of cashews.

Quinoa/Lentil Rounds

1-1/2 cups or 375 ml cooked red lentils
1 cup or 250 ml cooked quinoa
2 teaspoons or 10 ml olive oil
1/2 cup or 125 ml onion chopped fine
1/4 cup or 65 ml finely diced bell pepper (red, green, orange or yellow)
1/4 cup or 65 ml finely diced celery
1/4 cup or 65 ml shredded carrot
1/2 teaspoon or 2.5 ml dry mustard powder
1/2 teaspoon or 2.5 ml dried thyme or oregano
1/2 teaspoon or 2.5 ml dried basil
1/2 teaspoon or 2.5 ml red pepper flakes
1 organic egg, beaten (omit if sensitive to eggs or sulphur)

Heat oil in pan. Add onion, pepper, celery and carrot. Saute 10 minutes until tender. Add herbs and spices, stirring to mix well. Let cool. In a bowl, mix lentils, quinoa and egg. Add the cooled vegetables and spices. Mix thoroughly. Press in to oiled muffin tin or form into patties. Makes 6-8 rounds. Bake at 325°F or 163°C 10 minutes or heat in a lightly oiled skillet for 5 minutes each side to heat through and set the egg. Eat as is or in a multigrain roll or English muffin with condiments.

Store in the refrigerator. Great for lunch. They are easy to eat with your hands. Serve hot or cold. Try salsa or chili sauce on top.