



Cinnamon Quinoa Breakfast Bowl

A fresh twist on the classic morning dish; this dish is warm, cozy, and full of flavor! Fluffy quinoa simmered with comforting spices is topped with bright fruit and crunchy nuts, creating a satisfying mix of textures in every bite. Easy to customize and packed with fiber, protein, and antioxidants, it is a nourishing way to start your day feeling energized and strong!

Yield: 2 servings

Ingredients:

- ½ cup quinoa, uncooked
- 1 cup milk (dairy or nondairy)
- 1 teaspoon cinnamon
- pinch of salt

Toppings:

- ¼ cup sliced almonds
- 1 cup fruit (berries, peaches, etc.)
- Optional: unsweetend shredded coconut, drizzle maple syrup

Directions:

1. Rinse quinoa and add to small pot.
2. Add the milk, cinnamon, vanilla, and pinch of salt.
3. Heat on medium until simmering, reduce to heat to low and cover for 15 minutes.
4. Uncover and remove from the heat and let cool for 5 minutes.
5. Scoop into bowls.
6. Add toppings: fruit, sliced nuts, additional spices, optional drizzle maple syrup

Recipe notes:

- This recipe is easy to customize with whatever you have on hand! Use fresh, frozen, or canned fruits, and swap in any nuts or seeds for added crunch. You can also sprinkle extra spices (nutmeg or ginger) for more flavor. Add a drizzle of maple syrup for a touch sweetness or finish with milk for a creamier texture.
- Can be stored in the fridge for 4-5 days. Heat when ready to serve, adding an extra splash of milk if mixture is too dry.

Nutrition info per serving:

Calories: 367, Saturated Fat: 2.6g, Sodium: 119.1mg, Added Sugars: 0g, Fiber: 7.7g, Protein: 14.4g

Adapted from: <https://www.loveandlemons.com/cinnamon-quinoa-breakfast-bowl/>