

# Instant Pot Quinoa Breakfast Bowls

*from the Blue Zone blog*

*Enjoy this bright and hearty quinoa breakfast bowl loaded with flavorful toppings. The quinoa is perfectly cooked with an Instant Pot, having just the right amount of bite to contrast the toasted almonds. Feel free to mix up your toppings or get creative with your spices.*

## Ingredients

4 servings

1 cup quinoa, rinsed and drained  
1½ cups unsweetened almond or other plant-based milk, plus more to serve  
½ teaspoon pure vanilla extract  
Pinch of ground cinnamon

## For Serving

¼ cup pure maple syrup  
1 cup berries (any combination of blueberries, raspberries, or strawberries)  
1 banana, sliced  
½ cup slivered almonds, toasted

## Directions

In the inner pot, stir together the quinoa, almond milk, vanilla, and cinnamon. Lock the lid and ensure the steam release valve is set to the sealing position. Select Pressure Cook (High), and set the cook time for 5 minutes.

Once the cook time is complete, immediately quick release the pressure. Carefully remove the lid. If desired, stir in more milk to thin into a porridge. Serve warm in bowls, sweetened to taste with maple syrup and topped generously with fruit and almonds.

