

Warm Berry Quinoa Breakfast Bowl

Plant-Based • High-Protein • Naturally Sweet

Ingredients (Serves 2):

- 1 cup cooked quinoa (warm or chilled)
- ½ cup unsweetened almond or oat milk
- 1 tablespoon maple syrup (or mashed ripe banana)
- ½ teaspoon cinnamon
- ½ cup fresh or frozen mixed berries (blueberries, strawberries, raspberries)
- 2 tablespoons chopped nuts (walnuts, almonds, or pecans)
- 1 tablespoon chia or hemp seeds
- Optional: sliced banana, shredded coconut, almond butter drizzle

Instructions:

1. In a small saucepan, combine cooked quinoa, almond milk, maple syrup, and cinnamon.
2. Heat over medium-low, stirring occasionally, until warmed through (about 3–5 minutes).
3. Stir in half the berries. Cook 1–2 more minutes until just softened.
4. Divide into two bowls and top with remaining berries, nuts, seeds, and any extras you like.
5. Serve warm with an extra splash of plant milk if desired.

Nutritional Highlights (per bowl):

- Calories: 340
- Protein: 10g

- Fiber: 8g
- Iron: 15% DV
- Complete Protein: Quinoa + seeds = full amino acid profile

