



## Quinoa Breakfast Bowl

Recipe By JASMIN QUEEN

SERVES: 1

### INGREDIENTS:

- ☐ 1 cup cooked quinoa
- ☐ ¼ cup unsweetened vanilla almond milk
- ☐ 1 banana
- ☐ 1 tbsp. honey
- ☐ 1 tbsp. pure maple syrup
- ☐ ¼ tsp. cinnamon, *ground*
- ☐ ¼ tsp. vanilla
- ☐ ¼ cup blueberries
- ☐ 1 tbsp. walnuts, *chopped*
- ☐ 1 tbsp. slivered almonds
- ☐ 1 tbsp. pepitas
- ☐ ¼ cup dried cranberries (*optional*)
- ☐ additional maple syrup and/or honey, to drizzle on top (*optional*)

### DIRECTIONS:

- ☐ 1. Cook quinoa according to package directions.
- ☐ 2. Remove quinoa from heat. Mix in almond milk.
- ☐ 3. Add ½ banana and mash.
- ☐ 4. Add honey, maple syrup, cinnamon, and vanilla and mix until combined.
- ☐ 5. Transfer to an individual bowl.
- ☐ 6. Slice the other half of the banana.
- ☐ 7. Top quinoa with banana, cranberries, blueberries, walnuts, almonds, and pepitas.
- ☐ 8. Drizzle maple syrup and/or honey on top, if desired.

*You can substitute oatmeal for quinoa.*

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