

Healthy Recipes



Chocolate Quinoa Breakfast Bowl



Nutritional Info

Serving Size: 1 Bowl

Calories:	388
Fat:	18g
Carbohydrates:	50g
Sugar:	10g
Sodium:	220mg
Fiber:	13g
Protein:	12g
Cholesterol:	0mg
Calcium:	730mg

Method

🕒 Total Time: 20 Minutes
🍽️ Yield: 2 Servings

1. Add quinoa and almond milk into a small saucepan. Bring the mixture to boil, then reduce to low and cook for 15 minutes, stirring occasionally. The consistency should be creamy when the quinoa is cooked.
2. Remove pot from heat and stir in cinnamon, maple syrup, cocoa and almond butter.
3. Split mixture into two bowls and top with sliced raspberries, almond flakes and coconut flakes.

Ingredients

- ♥ ½ cup uncooked quinoa
- ♥ 1 ¼ cup almond milk
- ♥ 1 tsp cinnamon
- ♥ 1 tbsp maple syrup
- ♥ 1 tbsp almond butter
- ♥ 1 tbsp cocoa
- ♥ 1 cup raspberries
- ♥ 2tbsp coconut flakes
- ♥ 2 tbsp almond flakes

Helpful Hint *You can change this recipe up many different ways by swapping the raspberries for different fruit, adding in different nuts and seeds or trading the almond butter for peanut butter. Also this breakfast contains 73% of your daily calcium requirement.*



