

Basic Breakfast Quinoa Recipe

Author: Cookie and Kate Prep Time: 5 mins Total Time: 5 minutes Yield: 1

Category: Breakfast Method: By hand Cuisine: American Diet: Gluten Free

★★★★★ 5 from 4 reviews

Start your day off right with breakfast quinoa—a quick, nutritious and filling meal. Enjoy endless variations of fruits, nuts and milks with nutty quinoa.

SCALE

INGREDIENTS

- 1/2 cup or more cooked quinoa, warmed
- 1/2 to 1 cup milk of choice (almond milk, coconut milk, cows milk)
- 1/3 cup or more fruit (berries, chopped apple or pear, tropical fruit)
- Optional add-ons: toasted nuts, apple sauce, coconut flakes, balsamic vinegar, chopped dark chocolate, spices like cinnamon and nutmeg
- Optional sweeteners: honey, real maple syrup, agave nectar, raw sugar, brown sugar

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INSTRUCTIONS

1. In a bowl, combine warmed quinoa with milk.
2. Top with fruit, add-ons and sweetener of choice. Good morning to you!

► NUTRITION INFORMATION

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/breakfast-quinoa/>