

# TKS Nutrition Quinoa Breakfast Bowl

Prep Time	15 mins
Total Time	20 mins
Meal Type	Breakfast
Contributed By	LivingPlateRx
Source	Living Plate
Servings	1



## Ingredients

lb,c

g,ml

- 1/2 cup quinoa, cooked (or other whole grain)
- 1 tsp maple syrup
- 1 tsp chia seeds
- 1/4 tsp cinnamon, ground
- 1/8 tsp sea salt
- 1/2 cup coconut milk
- 3 Tbs hemp seeds
- 1/2 cup blueberries

## Directions

### Prep

1. See notes about cooked quinoa – you can use frozen quinoa as well, just defrost before using.

### Make

1. In a bowl, combine quinoa, coconut milk, maple syrup, chia and hemp seeds, cinnamon, and blueberries.
2. Garnish with hemp seeds, salt, and additional blueberries if desired

## Notes

Cooked quinoa can be stored in an airtight container in the refrigerator for up to 5 days.

\*Quinoa doubles to triples in volume. 1 serving is approximately ¼ dry, yielding between ½ and ¾ cup of cooked quinoa\*

\*\*The ratio is 1 part quinoa: 2.5 parts water. This creates a slightly mushy, soft rice texture. A ratio of 1:2 can be used if a little more bite is desired

\*\*\*Bowls can be served warm or room temperature, depending on preference

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 42.0g	64%	Total Carbohydrates 43g	14%
		Saturated Fat 23.1g	115%	Dietary Fiber 7g	29%
		Trans Fat 0.0g		Total Sugars 13g	
		Cholesterol 0mg	0%		
		Sodium 316mg	13%	Protein 17g	
		Vitamin D 0mcg 0% · Calcium 100mg 10% · Iron 8mg 44% · Potassium 858mg 18%			

**Calories** 580

per serving

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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