

## Quinoa and Berries Breakfast Bowl (Kaydee Gregg)

Yields: 1

### Ingredients:

3/4 cup cooked quinoa

1/2 cup almond milk or coconut milk (or milk of choice)

1/2 cup fresh berries

1 TSP ground chia seeds

1TSP ground flaxseeds

1 TBS pumpkin seeds, walnuts, hemp hearts for topping

1-2 TSP Blackstrap molasses or maple syrup

Dash of cinnamon

### Prep:

1. Combine quinoa, almond milk (or milk of choice), chia seeds, and flaxseeds into a microwave safe bowl. Microwave about 1 minute, until warm.

2. Top with fresh berries, pumpkin seeds, hemp seeds, walnuts

3. Drizzle with blackstrap molasses or maple syrup

4. Add a dash of cinnamon

5. Enjoy!