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American Quinoa Breakfast Bowl

A hearty start to your day with fruits and nuts.

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients

- 1 cup cooked quinoa
- 1 cup almond milk
- 1 tbsp honey or maple syrup
- ½ cup blueberries
- ½ banana, sliced
- 2 tbsp walnuts, chopped
- 1 tsp cinnamon

Instructions

1. Warm quinoa in almond milk over low heat.
2. Stir in honey and cinnamon.
3. Top with blueberries, banana, and walnuts. Serve warm.

Nutrition (per serving)

Calories: 310 | Protein: 9g | Carbs: 53g | Fiber: 6g | Fat: 9g | Omega-3: 0.6g