



Ashley's Meal Prep Monday!



Quinoa Breakfast Bowl

INGREDIENTS

1 cup quinoa
2 ¼ cup canned lite
coconut milk
2 TSP vanilla
½ TSP cinnamon - more
for sprinkling
pinch of salt

Toppings: sliced
banana, blueberries,
toasted pecans, coconut
sugar, maple syrup,
honey, etc



Combine quinoa and coconut milk in a small saucepan and bring a boil. Reduce to a simmer, cover, and let cook for about 18-ish minutes - until quinoa can be fluffed with a fork.

Add vanilla, cinnamon, and salt. I also added in a TSP of coconut sugar for a little extra sweetness.

Divide into bowls to eat fresh or save for a daily breakfast. Top with fruit, nuts, and drizzled honey or maple syrup!

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MARKET