

Cinnamon–Quinoa Breakfast Bowl

(Serves 2)

Quinoa Base

- 85 g dry quinoa
- 180 g unsweetened almond milk
- 60 g water
- 12 g light brown sugar
- ½ tsp / 1.25 g ground cinnamon
- 1 g salt (MSG optional)

Fruit

- 120 g banana, sliced (≈1 medium)
- 60 g blueberries (fresh or frozen) and/or
- 75 g apple, peeled and chopped (small dice)

Toppings

- 32 g almond butter (16 g per serving)
- 16 g sliced almonds, toasted (8 g per serving)
- Optional: extra cinnamon for sprinkling

1. Combine **almond milk, water, quinoa, brown sugar, cinnamon,** and **salt** in a saucepan. Bring to a boil, then reduce to low and **simmer 12–15 minutes**, stirring occasionally, until quinoa is tender and creamy.
2. **Add fruit:** stir **blueberries** in during the **last 2 minutes** of cooking; **add apples at the start** so they soften fully. Use one or both, keeping total fruit balanced.
3. Remove from heat and **rest 5 minutes**, covered, to thicken slightly.
4. Divide into 2 bowls. Top each with **banana slices, almond butter,** and **toasted almonds**. Sprinkle lightly with **cinnamon** if desired.

NUTRITION (per serving)

Kcal: 420 | Protein: 14 g | Fat: 19 g | Sat. Fat: 2 g | Carbs: 50 g | Sugars: 17 g |
Fiber: 7 g | Sodium: 180 mg | Omega-3: 0.2 g

NUTRITION (whole dish)

Kcal: 840 | Protein: 28 g | Fat: 38 g | Sat. Fat: 4 g | Carbs: 100 g | Sugars: 34 g |
Fiber: 14 g | Sodium: 360 mg | Omega-3: 0.4 g

