



BANANA BERRY

QUINOA BREAKFAST BAKE

Makes 6 servings

Ingredients

- 1½ cups uncooked quinoa
- 1 teaspoon cinnamon
- 3 cups 1% milk
- ½ cup maple syrup
- ½ teaspoon vanilla extract
- 2 mashed bananas
- 2 eggs
- 3 cups of fresh berries

*This recipe can fill the starch
¼ of your plate and provide
a serving of fruit!*



Directions

1. Preheat the oven to 350 degrees.
2. In a bowl, combine the quinoa and cinnamon and stir.
3. In a separate bowl, whisk together the almond milk, maple syrup, vanilla extract, mashed bananas, and eggs. Add the wet ingredients to the dry ingredients and stir until combined. Gently stir in the fruit.
4. Add the mixture to a 9x13 casserole dish. Place in the oven to bake and check in 20 minutes. If the quinoa is still crunchy, place back in the oven and check every 5 minutes until the quinoa is tender.

Tips

This recipe is a fast and easy way to prepare breakfast for the whole week! Prepare this recipe on the weekend and then reheat a portion each morning for breakfast. Quinoa is a great source of protein and fiber to keep you full and focused all morning!

Serving Suggestions

- Top with flaxseeds to add extra fiber and (healthy fats) to this delicious breakfast bake.
- Top with a small scoop of yogurt for an afternoon snack or a delicious dessert.

Nutrition Facts

8 servings per container	
Serving size	
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 65mg	3%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 24g	
Includes 10g Added Sugars	20%
Protein 9g	18%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % 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.</small>	

Recipe adapted from:
<http://www.destinationdelish.com/berry-quinoa-breakfast-bake/>