



## Quinoa-Oatmeal Breakfast Bowl

### Yield:

About 1-1/2 Cups

### Ingredients:

- 1 cup water
- 2/3 cups organic rolled oats
- 1 tablespoon ground flax seeds
- Dash of cinnamon
- Maple syrup (optional)
- Almond or soy milk
- $\frac{1}{2}$  cup cooked quinoa

### Other add-ins:

- Chopped walnuts
- Chopped almonds
- Apples and cinnamon
- Fresh fruit of choice
- Sunflower seeds or pumpkin seeds
- Goji berries
- Raisins
- Cranberries
- Cacao nibs
- Unsweetened shredded coconut

### Directions:

1. Bring 1 cup water to boil and add oats. Stir in flax seeds and cinnamon.
2. Add  $\frac{1}{2}$  cup cooked quinoa, mix all together and cook about 3 minutes. Remove from heat.
3. Add to bowl and top with a drizzle of maple syrup, fresh fruit or any other add-ins of your choice. Serve with almond or soy milk. Enjoy!