



## 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  
Cinnamon  
Maple syrup (optional)  
Almond or soy milk  
½ 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  
Unsweetened shredded coconut

### Directions:

Bring 1 cup water to boil and add oats. Stir in flax seeds and cinnamon. Add ½ cup cooked quinoa, mix all together and remove from heat. 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!