

Healthy Blueberry Peach Quinoa Bake | High-Protein, No Sugar!

This Blueberry Peach Quinoa Breakfast Bake is a beautiful, nutrient-packed way to start your day. It features sweet summer peaches, fresh blueberries tossed in cornstarch for color control, and a creamy base made with quinoa, eggs, almond butter, Unjury flavorless protein powder, and Just Better Fiber. High in protein, rich in fiber, and naturally sweetened with allulose, this breakfast bake is perfect for meal prep and easy to reheat throughout the week.

Serve it warm, cold, or at room temperature—it's as flexible as it is delicious.



Recipe:**Ingredients:**

3 ripe peaches, sliced (reserve half for topping)

1½ cups fresh blueberries, tossed with 1 tsp cornstarch

1 cup **quinoa**, rinsed but uncooked

2 cups **milk of choice** (almond, oat, dairy, etc.)

2 large eggs

2 tablespoons **allulose** (*plus 1 tsp for topping*)

2 tablespoons **almond butter**, softened

2 teaspoons ground cinnamon

1 teaspoon vanilla extract

¼ teaspoon sea salt

1 scoop flavorless protein powder (e.g., Unjury)

1 tablespoon Just Better Fiber, stirred into batter

¼ cup **chopped walnuts** (plus extra for topping)

Instructions:

Preheat oven to 375°F (190°C). Lightly grease or spray a 9x13 baking dish.

In a large bowl whisk the Milk, eggs, allulose, almond butter, cinnamon, vanilla, salt, Just Better Fiber, and protein powder until smooth.

Spread quinoa, half of the blueberries, and half of the peach slices In a mixing bowl

Pour the liquid mixture evenly over the fruit and quinoa.

Top with remaining peach slices (fan them out for visual appeal), Remaining blueberries, and chopped walnuts.

Sprinkle the 1 tsp of allulose over the top to add to the caramelization.

Bake uncovered for 50–55 minutes, or until set and golden on top.

Optional: Broil 1–2 minutes at the end for caramelization (watch closely!)

Let cool slightly before slicing. Serve warm, room temp, or chilled.