

Protein Flip™ Blueberry Peach Quinoa Bake

Serves: 6

A warm, fruity bake packed with protein, fiber, and whole grains — perfect for breakfast or brunch. Fresh peaches and blueberries add natural sweetness, while quinoa, walnuts, and Greek yogurt deliver a satisfying boost of nutrients.

Unjury:

<https://www.unjury.com>

Just Better Fiber:

<https://getjustbetter.com> and use "ChefHealthyHenry" for a discount code)



Recipe:**Ingredients:****Base:**

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 (unsweetened almond, oat, dairy, etc.)
2 large eggs
2 tbsp allulose (plus 1 tsp for topping)
2 tbsp almond butter, softened
2 tsp ground cinnamon
1 tsp vanilla extract
¼ tsp sea salt
1 scoop Unjury unflavored protein powder
1 tbsp Just Better Fiber
¼ cup chopped walnuts (plus extra for topping)

Toppings (per serving):

¼ cup plain Greek yogurt
1 tbsp chia seeds

Instructions:

Prep the Oven: Preheat to 350°F (175°C). Lightly grease a 9x9-inch baking dish.

Mix Wet Base: In a large bowl, whisk together eggs, milk, almond butter, allulose, cinnamon, vanilla, salt, protein powder, and fiber until smooth.

Add Dry Ingredients & Fruit: Stir in rinsed quinoa, then gently fold in half the peaches, all the blueberries, and walnuts.

Assemble: Pour mixture into the baking dish. Arrange reserved peach slices on top. Sprinkle with extra walnuts and the remaining 1 tsp allulose.

Bake: Place in the oven and bake 50–60 minutes, or until the center is set and a knife inserted comes out clean.

Cool & Serve: Let cool for 10–15 minutes before slicing. Serve warm or chilled with Greek yogurt and chia seeds.

Chef's Note (Protein Flip™):

This bake uses quinoa and Greek yogurt as primary protein sources, with eggs for structure and almond butter for richness. By keeping dairy as a topping and not the bulk of the protein, it balances plant and animal proteins while maximizing fiber.

