

APPLE CINNAMON QUINOA BOWLS



TIME REQUIRED

25 mins including prep

SERVING

10-12

INGREDIENTS

QUINOA

- ½ c uncooked quinoa, rinsed and drained
- 1 c water
- Pinch of salt
- 1 t ground cinnamon
- ¼ t ground ginger
- 1/8 t ground nutmeg
- 2 T maple syrup
- 2 T almond milk

CINNAMON APPLES

- 1 apple washed, unpeeled and diced
- 2 t maple syrup
- ¼ t ground cinnamon
- 1 t vanilla extract
- ½ t almond extract

YOGURT

- ½ c plain non-dairy yogurt
- 1 t maple syrup
- ¼ t ground cinnamon

OTHER INGREDIENTS

- Toasted chopped pecans or walnuts and toasted coconut flakes

PS

This breakfast bowl is cozy, warm, and festive — the spices evoke holiday comfort, the apples and maple bring gentle sweetness, and the nuts plus coconut give crunch and healthy fats to stabilize blood sugar. A nourishing, plant-based start to any holiday morning.

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STEPS

- In a small saucepan, bring the quinoa, salt and water to a boil. Once boiling cover with a lid and reduce the heat to medium. Cook for 12-15 minutes or until the liquid is absorbed (drain remaining liquid if needed. Add in the cinnamon, ginger, nutmeg, maple syrup and milk. Stir together then remove from the heat and let it steam, covered for about 10 minutes.
- Divide the quinoa into two bowls. Over medium-high heat add apple, maple syrup and cinnamon and extracts and stir together. Cook until the apples are tender, about 5 minutes.
- While the apples cook, whisk together the yogurt, maple syrup and cinnamon.
- Top the bowls of quinoa with the yogurt mixture, cooked apples, chopped nuts and coconut.

**it is best to soak walnuts in water overnight or for 8 hours and then dry.*

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