Quinoa Fruity Breakfast

Serves 6

For
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QUINOA FRUITY BREAKFAST

Serves: *6* *Portion Size:* *1/6*

Ingredients

1 cup Quinoa
2 tsp Cinnamon Ground
½ tsp Allspice
2 each Eggs
¼ cup Maple Syrup
1 ½ cup Blueberries Frozen
1 each Pear
½ cup Pecans
2 cups Almond Milk

Instructions:

Core and peel pear, then chop into half-inch cubes. Preheat oven to 350°. Spray an 8 x 8" square baking pan with cooking spray and set aside.

For more information or to find our complete cookbook, visit our page at
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Cook quinoa according to directions. In a medium bowl, stir together cooked quinoa, cinnamon, and allspice. Pour over bottom of prepared pan. In the same bowl, beat the eggs until fully mixed. Add the milk and Maple syrup, whisking to combine.

In the pan with the quinoa, add the berries, and pear pieces as well as nuts evenly over the top of quinoa.

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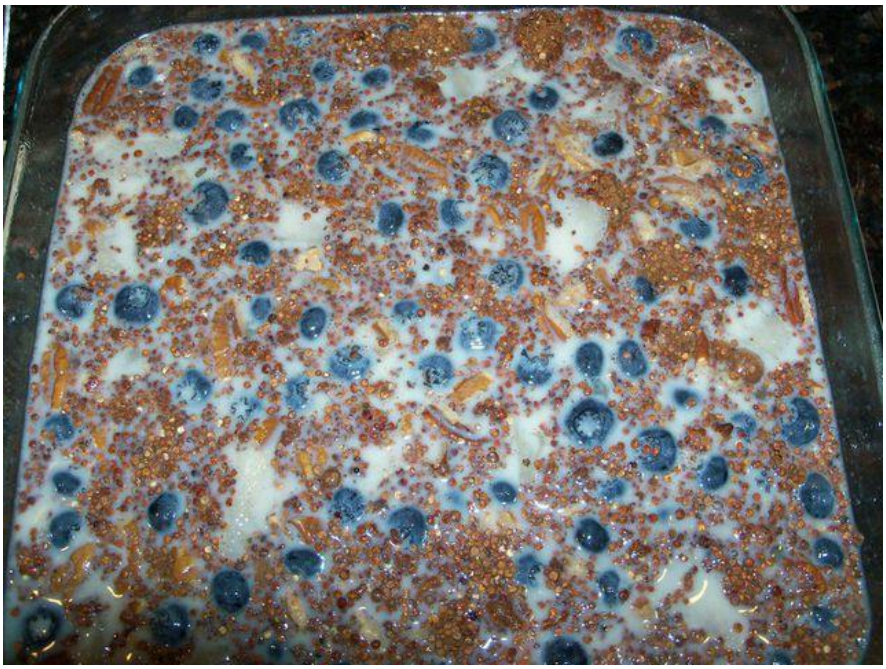

Pour the egg and milk mixture over the top of the fruit and quinoa. Lightly stir to partially submerge the fruits.

Bake for one hour, or until casserole is mostly set with only a small amount of liquid left.

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Serve warm, and refrigerate leftovers. Cut into six pieces.

Nutritional information per serving:

Calories: 280, Protein: 7 g, Carbohydrate: 42 g, Dietary Fiber: 5 g, Total Fat: 10 g, Saturated Fat: 1.5 g, Cholesterol: 60 mg, Calcium: 193 mg, Phosphorus: 200 mg, Potassium: 308 mg, Sodium: 85 mg

Nutrition Facts

Serv. size 1 (206g)
Servings 6
Calories 280
Fat Cal. 90

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 10g	**15%**	**Total Carb.** 42g	**15%**
Sat. Fat 1.5g	**6%**	Fiber 5g	**20%**
Trans fats 0g		Sugars 16g	
Cholest. 60mg	**20%**	**Protein** 7g	
Sodium 85mg	**4%**		

Vitamin A 6% Vitamin C 4% Calcium 20% Iron 10%

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