BetterBody Foods

Quinoa Berry Breakfast Bake

Prep: 20 min Cook: 1 hr 10 min Total: 1 hr 30 min Servings: 4

Calories: 456 Fat: 8g Protein: 15g Carbs: 85g Fiber: 9g

Ingredients

- 2 bananas, sliced
- 1 cup dry Organic Quinoa - rinsed and drained (for a creamy bake add in 3/4 cup already cooked quinoa)
- 2 eggs or 2 Tbsp Organic Chia Seeds - hydrated with 6 Tbsp water
- 2 cups milk of choice
- 2 tsp cinnamon
- 2 tsp vanilla
- 2 Tbsp Organic Blue Agave (optional) - or add a few chopped dates
- 1 1/2 cups fresh or frozen berries

For Topping:

- vegan yogurt
- fresh fruit
- nuts and/or seeds
- top with more plant milk

Directions

1. Slice the bananas into a large baking dish and spread them on the bottom of the pan.
2. Next, add all of the wet ingredients into a small bowl and whisk. Spread the dry quinoa over the bananas and then layer in your fresh or frozen berries. Gently drizzle the custard mixture over the ingredients in the pan.
3. Bake at 350 oF for 60-70 minutes, until the quinoa is cooked.
4. Add on your favorite toppings, fresh fruit, and nuts, but vegan yogurt works as well!
5. Enjoy your Quinoa Berry Breakfast Bake!