



Carrot Cake Quinoa Breakfast Bowl

Ingredients

120 g uncooked IntegriPure®
Organic Quinoa
414 mL unsweetened coconut or
almond milk
126 g grated carrots
3 g cinnamon
2.5 mL vanilla extract
30 g maple syrup
14 g almond butter + more for
topping
Pinch of salt
37 g chopped and toasted pecans
or walnuts

Yield: 4 servings

1. In a large saucepan, heat the quinoa and milk over medium heat.
2. Once the mixture starts to simmer, add in the carrots, cinnamon, and vanilla extract. Turn the heat down to low. Cover and cook for about 15 minutes, stirring occasionally.
3. Add in the almond butter and a pinch of salt. Stir until combined and thickened.
4. Pour the quinoa into 4 bowls. Top each portion with extra almond butter, maple syrup, nuts, chia and flax seeds and other toppings of choice.