

BEET BERRY QUINOA BOWL RECIPE

10 minutes

prep time

30 Minutes

total time

Ingredients:

1/2 cup quinoa soaked
1/2 cup red beet, grated
1 1/2 cups full fat coconut milk
3/4 teaspoon cinnamon
1/4 teaspoon cardamon
1/4 teaspoon ginger
a pinch of salt
1 Tablespoon nut or seed butter of choice, almond,
cashew, or sunbutter
1/2 cup yogurt
1/2 cup berries
1-2 Tablespoons sweetener like honey or maple syrup
1 Tablespoon optional toppings: hemp seeds, chia seeds,
coconut

Directions:

Soak quinoa in enough water to cover with a dash of lemon juice or apple cider vinegar for 24 hours at room temperature.

Drain and rinse quinoa, place in a medium sauce pan. Add the coconut milk, gated beet, spices and salt to the pan. Turn stove on medium until simmering, cover and turn to low until quinoa is cooked about 15-20 minutes.

When done cooking stir in the nut butter, yogurt, berries, and sweetener if desired. Pour into serving bowls and top with hemp seeds, chia seeds, or coconut.