

Dark Chocolate Quinoa Breakfast Bowl

Ingredients

- 1 cup uncooked white quinoa
- 2 cups water or unsweetened milk (dairy or non)
- Pinch of salt
- 2-3 Tbsp. unsweetened cocoa powder
- 2 Tbsp. maple syrup or honey
- Optional- ½ tsp vanilla extract



For serving:

- Mixed berries
- Sliced banana
- Hemp or Chia Seeds
- Unsweetened coconut shreds

Instructions:

1. Heat a small saucepan over medium heat. Once hot, add rinsed, drained quinoa and toast for 3 minutes, stirring frequently to dry up water.
2. Add water or milk and pinch of salt and stir. Bring to a boil over high heat, then reduce heat to low and cook for 15-20 minutes, uncovered stirring occasionally. If it stops simmering, increase heat to medium-low. You're looking for a slight simmer throughout the cooking time.
3. Once the liquid is absorbed and quinoa is tender, remove from heat and add cocoa powder, maple syrup and vanilla (optional). Stir to combine.
4. Add more of any ingredients to fit your taste, or add milk for thinner texture.
5. Serve each bowl with chosen toppings. Bananas add a nice healthy sweetness and flavor.