

kizingo® EATS:

Tropical Quinoa Breakfast Bowl

We love recipes that are versatile and flexible enough to appeal to every member of your household.

Ones that can also be prepped ahead of time to help make busy mornings less hectic are even better. This incredibly flavorful breakfast bowl from Sarah Hauser ticks both of these boxes. Can we get a high-five?



INGREDIENTS

1 cup dried quinoa, rinsed*

½-1 cup full-fat coconut milk

¼ teaspoon cinnamon

Sliced tropical fruit like banana, mango, and kiwi

2-3 Tablespoons honey, plus more to taste (or sub maple syrup for vegan)

Other toppings like unsweetened coconut flakes, chia seeds, or flax seeds

DIRECTIONS

Cook the quinoa in a medium pot according to the package directions.

Stir in the coconut milk, starting with a ½ cup. Turn the heat on low to warm the coconut milk. Add additional coconut milk until you reach the desired texture.

Stir in the cinnamon.

Transfer to bowls for serving. Top with sliced mangoes, kiwis, bananas, coconut flakes, and any other toppings you like! Drizzle each dish with honey to taste.

Serve and enjoy! (And yes, it's *that* simple.)

NOTES

*Quinoa has a natural coating that can taste bitter or soapy, but you can get rid of this coating by rinsing it well. You can also make the quinoa the night before and store in the refrigerator. Then simply rewarm when you're ready to eat!



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