

Quinoa Breakfast Bake

Prep Time: 5 Min **Cook Time:** 40 Min **Total Time:** 45 Min
Serves 6

Ingredients

- 1 ½ cups uncooked red or white quinoa
- 2 eggs
- 1/3 cup unsweetened coconut or almond milk
- 1 tsp vanilla extract
- 1 TBSP Cinnamon
- 1 tsp stevia extract

Instructions

- 1 Bring 3 cups of water to a boil in a medium sized pot
- 2 Meanwhile place quinoa in a strainer and rinse thoroughly with cool water. Once water has boiled add ½ tsp of salt and the quinoa to the pot.
- 3 Cover and simmer for 20 minutes or until the water is absorbed and quinoa is cooked (white string like appearance is a sign of completion.
- 4 Cool the quinoa completely
- 5 While quinoa is cooling, preheat the oven to 375°. Spray an 8x8 inch baking pan with cooking spray. In a small bowl, whisk together eggs, milk, vanilla, stevia and cinnamon until completely combined.
- 6 Pour cooled quinoa in a large bowl. Add egg mixture and stir to combine. Pour into baking dish and bake for 20-25 minutes until set and golden brown. Cool completely.

Notes

Prep time can be shortened if using pre-cooked quinoa (about 3 cups).

This freezes and reheats really well. I freeze it in individual portions and take it out the day before and thaw in the fridge. In the morning add a little bit of almond milk and pop it in the microwave for 1-1 ½ min.

After microwaving I add 1 Tbsp. Nuts to You Raw Almond Butter, a sprinkle of cinnamon, and 1 cup of raspberries or blueberries. Very satisfying and great for phase 3 when you need something other than eggs or cottage cheese.

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