

5 Ingredient Quinoa Superfood Breakfast Bowl

- Prep Time: 5 mins
 - Cook Time: 1 min
 - Total Time: 6 mins
 - Yield: 1
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Description

5 Ingredient Quinoa Superfood Breakfast Bowl

Ingredients

- ½ cup plain cooked quinoa
 - ½ – 1 whole banana sliced
 - 1/3 cup of blueberries fresh or frozen
 - 1/3 cup of milk
 - 1 TBSP natural peanut butter
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Instructions

1. Cook quinoa if it's not already cooked, cook extra and just store in the fridge.
2. Assemble in a bowl.
3. Serve warm or cold, can be eaten both ways.

Note: change up the fruit to seasonal options