

Apple Banana Quinoas Breakfast Cups

Ingredients:

- ½ cup applesauce
- 1 cup quinoa (cooked) (dry ½ cup)
- 1 cup mashed banana (about 3 bananas)
- 1 Banana for slicing
- 1/2 cup honey
- 2 ½ cps old-fashioned oats
- ½ cup almond milk
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 apple, peeled and chopped

Instructions:

- 1. Preheat oven to 375 degrees. Lightly grease a muffin tin (I use olive oil)**
- 2. Cook the quinoa. Bring ¾ up to a boil, pour in ½ cup dried quinoa, reduce to simmer until fluffy---about 12 minutes.**
- 3. Mix applesauce, banana, almond milk, honey and vanilla in a bowl.**
- 4. Mix dry ingredients (quinoa, oats, and cinnamon) in a separate bowl. Slowly stir the wet into the dry until fully combined.**

5. Peel core and chop up an apple. Mix the apple chunks into the bowl.
6. Fill each of the muffin cups to the top with the quinoa mixture. Add a banana slice or two to the top of each.
7. Bake for 20 – 30 minutes.
8. Let cool for 5 minutes, and then enjoy one warm!

Quick notes:

Store in an airtight container in the fridge. Reheat leftovers in the microwave before eating.

You can also add some crushed pecans or walnuts to these - -- experiment!

Preparation time: 15 minutes

Cooking time: 20 – 30 minutes

Number of servings: 12

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