

Quinoa Seed Bowl



SERVES 1

Ingredients

1/2 cup quinoa (cooked)
1/2 tsp sesame seeds
1 tsp pepitas
1/2 tsp chia seeds

1/2 cup unsweetened almond milk
1/2 tsp cinnamon
1/2 cup berries (frozen or fresh)

Instructions

Cook quinoa according to packet instructions. Place quinoa, sesame seeds, pepitas, chia seeds, cinnamon and berries into a bowl and top with almond milk.

