Living Whole
Employee Wellness Program

# Berry Breakfast Quinoa with Almonds

## Ingredients:

¼ cup soy milk
¼ cup water
¼ cup quinoa
¼ cup berries
¼ tsp ground cinnamon
2 tbsps chopped or slivered almonds
¼ chopped apple
1 tbsp chia seeds



## Nutrition Facts

1 servings per container
**Serving size** **3/4 cup (234g)**

**Amount per serving**
**Calories** **340**

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | 17% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 10mg | 0% |
| **Total Carbohydrate** 48g | 17% |
| Dietary Fiber 11g | 39% |
| Total Sugars 11g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 70mg | 6% |
| Iron 2.6mg | 15% |
| Potassium 430mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions:

1. Rinse quinoa and inspect.
2. Combine water and quinoa in a medium saucepan. Bring to a boil over high heat.
3. Reduce heat to medium-low and simmer until most of the liquid is absorbed.
4. Remove from heat.
5. Stir in soymilk, if desired. Allow soymilk to get absorbed. Add berries, chopped apple, and cinnamon.
6. Sprinkle slivered almonds over top.

*VEGAN

*GLUTEN-FREE

*For more recipe information contact the Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.