



Food&Flow

Quinoa Protein Brekkie Bowl

1 C rinsed [quinoa](#)
¼ C toasted unsweetened coconut flakes
¼ C toasted slivered almonds, walnuts or pecans
¼ C golden raisins or cranberries
2 T hemp seeds
1 t cinnamon
Pinch cardamom
1 T agave or maple syrup
Dash sea salt
Unsweetened almond milk or coconut milk

Cook 1 cup quinoa with 2 cups water in a rice cooker or pot. When quinoa is cooked, add coconut, almonds, raisins, hemp seeds, [cardamom](#), cinnamon, maple syrup or agave, and sea salt and mix together.

Top with almond or coconut milk to your liking.

This protein-rich breakfast is great for the whole family. Feel free to customize the ingredients. Add fresh berries, bananas, apples or applesauce, pumpkin seeds, sunflower seeds, dates, prunes, or whatever strikes your fancy.

Yogamint's Food & Flow video series can be seen at:
<http://www.yogamint.com/videos/foodandflow>

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