

BREAKFAST / HIGH PROTEIN



Apple Walnut Cinnamon Quinoa Protein Bowl

Warm cinnamon quinoa with crisp apple, walnuts, chia, and collagen for a hearty breakfast bowl.

20 min

1 serving

Breakfast

high-protein

quick

sweet

424

Calories / serving

22g

Protein / serving

54g

Carbs / serving

16g

Fat / serving



Ingredients

- 1/4 cup, dry quinoa (42.5 g)
- 1/2 cup unsweetened almond milk (120 ml)
- 1/4 tsp cinnamon (0.57 g)
- 1/2 tbsp maple syrup (10 g)
- 1/2 apple, chopped
- 2 tbsp chopped walnuts (14 g)
- 1/2 tbsp chia seeds (6 g)
- 1 scoop collagen powder (20 g)

Method

- 1 Rinse the quinoa thoroughly.
- 2 Cook it in a small pot with the almond milk and cinnamon over medium heat until the quinoa is fluffy and the liquid is absorbed (about 15 minutes).
- 3 Stir in the maple syrup, chia seeds, and collagen powder.
- 4 Top with the chopped apple and walnuts before serving.

RENEE'S NOTE

"Rinse the quinoa really well first so the finished bowl stays clean-tasting, not bitter."

RENEE'S TWEAK

Spoon the apple and walnuts into a loose mound at the center, leaving a visible ring of quinoa around the edge.