



# Quinoa Breakfast Bowl



Prep: 10  
Cook: 8 mins



Serves: 1



## Ingredients:

- 1/4 cup quinoa
- 2/3 cup water
- 2 tbsp. of sliced almonds
- 1/4 cup of spinach
- 1/2 cups of chopped vegetables of your choice (mushrooms, onions, peppers, etc.)
- dash of salt & pepper



## Follow these 4 easy steps:



1

1. In a microwave safe dish, mix 1/4 cup quinoa with 2/3 cup of water. Add chopped onions and sliced almonds. Microwave for 6 minutes.



2

2. Add spinach, peppers, mushrooms, etc, and microwave for 1 minute.



3

3. Scramble an egg and add it to the dish. Microwave another minute.

**And voila! It's done!**



Tip: You can also make this on the stove top!