



Cooking Essentials for a Flavorful Life™

## *Raspberry Coconut Quinoa Breakfast Bowl*

Move over oatmeal! Quinoa is in the house. This sweet and savory breakfast bowl will energize you all the way to lunch.

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Yield:** 4 servings

### **Ingredients**

1/2 cup red quinoa  
1/2 cup white quinoa  
1/4 cup sweetened flaked coconut  
1/2 cup light coconut milk, (canned)  
1 tablespoon grated and peeled ginger  
1/4 cup packed brown sugar  
1/8 teaspoon kosher salt  
6 ounces raspberries  
2 tablespoons fresh mint

### **Preparation**

1. Combine 2 cups of water with 1 cup of mixed quinoa in a small saucepan.
2. Bring to a boil and reduce to a simmer. Cover saucepan with lid and cook quinoa for 15 minutes or until all water has been absorbed.
3. While quinoa is cooking, toast sweetened coconut in a small non-stick saucepan for 4 to 5 minutes over medium heat stirring occasionally until golden brown in color.
4. Combine coconut milk, brown sugar, and salt in small bowl.
5. Pour over cooked quinoa.
6. Fold in raspberries.
7. Garnish with toasted coconut and mint.

**Nutrition Facts per serving (1 serving):** 280 calories; 6 g total fat; 3 g saturated fat; 0 mg cholesterol; 95 mg sodium; 52 g carbohydrates; 6 g fiber; 7g protein

*Recipe Provided By Chef Stephanie Green, RDN*

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