

BREAKFAST BERRY QUINOA

Breakfast Berry Quinoa

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 250	Total Carbohydrate: 49
Total Fat: 3 g	Dietary Fiber: 5 g
Saturated Fat: 0 g	Total Sugars: 15 g
Sodium: 54 mg	Protein: 10 g

Ingredients

- Cooking spray
- 1 ½ cups quinoa, uncooked and rinsed
- 3 cups skim milk
- 1 teaspoon vanilla extract
- 2 ½ cups frozen mixed berries
- 2 Tablespoon Splenda® Brown Sugar Blend
- Almonds and fresh fruit, as needed for topping

Directions

1. Lightly spray sides of crock-pot with non-stick cooking spray. Add all ingredients, stir, cover, and cook on low for 4 hours.
2. Spoon out into serving bowls. Top off with additional ingredients if desired (almonds, fresh berries, etc.). Store leftovers in refrigerator.

To make bariatric diet friendly:

Cut serving size down to $\frac{1}{3}$ cup, add 4 scoops sugar free vanilla protein powder to entire recipe. For an added 4g protein, top with 1 tablespoon peanut butter. Can freeze in ice cube tray up to 2 months.

Bariatric nutrition info (18 servings, $\frac{1}{3}$ cup each): Calories 100, Total Fat 1.5g, Sat Fat 0g, Sodium 80mg, Total Carbohydrate 15g, Fiber 2g, Sugars 4g (no added), Protein 8g