

Yields 1 serving

Berry Quinoa Power Bowl (Vegan, Gluten-Free)

Ingredients

3/4 cup cooked rainbow quinoa
2-3 tablespoons vanilla plant-based yogurt (i.e., soy, almond, coconut)
Pinch cardamom
2 tablespoons chopped walnuts
8 fresh blackberries
2 large fresh strawberries, sliced
18 fresh blueberries
1 tablespoon chia seeds

Instructions

In a single serve bowl, stir together cooked quinoa, yogurt, and cardamom until smooth.
Arrange toppings: walnuts, blackberries, strawberries, blueberries, and chia seeds on top of quinoa.
Serve immediately.

Notes

Nutrition information per serving: 388 calories, 17g total fat, 2g saturated fat, 2 mg cholesterol, 35 mg sodium, 49g carbohydrates, 13 g fiber, 8 g sugar, 13 g protein

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<http://sharonpalmer.com/berry-quinoa-power-bowl-vegan-gluten-free/>