

Tupperware®

Serves: 4 • Serving size: ¼ cup



PREP: 10 minutes
COOK: 8 minutes + 10 minute stand time

Quinoa Breakfast BOWLS

- ½ cup multi-colored quinoa*
- 1¼ cups water
- ¼ tsp. kosher salt
- ½ cup heavy cream
- 1 cup chopped toasted pecans, divided
- ½ cup chia seeds, divided
- 2 bananas, peeled, chopped and divided
- ½ cup dark maple syrup, divided

1. In the base/water reservoir of the Tupperware® Smart Multi-Cooker, stir together quinoa, water and salt. Place grains insert on top of base; place grains seal on top of grains insert. Microwave on high power 8 minutes. Remove from microwave, let stand 10 minutes or until tender.
2. Divide quinoa evenly between 4 bowls. Top each with cream, pecans, chia, bananas and maple syrup.

**Regular quinoa may be substituted.*

Nutritional Information (per serving):
Calories: 540 Total Fat: 33g Saturated Fat: 8g Cholesterol: 35mg
Carbohydrate: 57g Sugar: 26g Fiber: 17g Protein: 10g Sodium: 110mg
Vitamin A: 10% Vitamin C: 8% Calcium: 15% Iron: 10%

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