

# Lemony Blueberry Quinoa Breakfast

**Serves: 3-4**

## **Ingredients:**

- 1 cup quinoa
- 2 cup skim milk or water
- 1 tsp salt
- 1 Tbsp maple syrup
- Zest of 2 lemons
- 1 cup blueberries (fresh or frozen)
- 2 Tbsp Chia seeds

## **Steps:**

**Step 1:** Rinse quinoa to help remove bitterness.

**Step 2:** Heat milk or water over medium heat until warm. Add quinoa and salt and bring to a simmer. Cook for about 20 minutes or until most of the liquid has been absorbed. Remove from heat.

**Step 3:** Add zest of 2 lemons. Stir in maple syrup and chia seeds.

**Step 4:** Divide in to 3-4 containers. Gently fold in blueberries. Enjoy!

