

# Chocolate Raspberry Quinoa

THM-Friendly: E

- 3/4 cup pre-cooked quinoa
- 3/4 cup cauliflower rice
- 3/4 - 1 cup unsweetened nut milk
- 1.5 Tablespoon cocoa (a glob, to your heart's desire)
- 2 Tbsp. THM Gentle Sweet
- 1 tsp. THM Super Sweet
- 1 generous pinch of mineral salt
- 1/2 tsp. raspberry extract
- 2 Tbsp. THM Creamy Dreamy Plant Protein (optional)
- 3/4 cup fresh raspberries
- 26 sugar-free white chocolate chips



Put quinoa, cauliflower rice, and nut milk in a pan to start heating it.

While heating up and still on the stove add cocoa, Gentle Sweet, and raspberry extract. Warm up to your liking.

Put it in a bowl. Top with fresh raspberries, and white chocolate chips. You can also put a hefty glug of kefir to top it off.

enJOY!

