

Tropical Quinoa Breakfast Bowl

THM-Friendly: E

- 1/2 cup pineapple
- 1 cup quinoa, already prepped
- 1 Tbsp. [Swerve Brown](#) (plus some for garnish)
- 1/2 cup non-fat plain Greek yogurt
- 2 Tbsp. [Creamy Dreamy Plant Protein](#)
- 1/4 tsp. [coconut extract](#)
- 1/4 tsp. [banana extract](#)
- 1/4 tsp. [pineapple extract](#)



Warm up a skillet on medium heat; spray lightly and add pineapple.

Add 1 Tbsp. Swerve Brown and caramelize. Add about a tablespoon of water, if needed.

Put your quinoa in a bowl; heat it if you prefer or just eat it cold.

While you are waiting for the pineapple to caramelize, put the yogurt in a bowl with the Creamy Dreamy and the extracts. Add extra sweetener at this time if you'd like it sweeter. (I used SweetLeaf orange drops.)

Put the yogurt on your quinoa; after the pineapple has beautifully caramelized add that to the bowl.

You can now garnish with the toppings of your choice.

Recommended toppings were on-plan brown sweetener, 1 tsp. coconut flakes, and a little bit of slivered almonds.

enJOY!

