

Banana Berry Quinoa Protein Bowls

THM:E

This makes multiple servings of quinoa. For a recommended serving, pour one cup of the cooked quinoa mixture over one cup of the cottage cheese mixture. There is a delicious cookie recipe you can even use the remaining quinoa for!

In your instant pot, put:

- 1 cup quinoa
- 3 T. Brown Swerve or brown allulose/monkfruit blend
- 1 banana (or 1 cup frozen bananas slices)
- 1 cup frozen mixed berries
- 1 cup frozen caulirice
- a pinch of mineral salt
- 1/2 - 1 tsp. cinnamon (as desired)
- 2 cups water

Stir and set on manual for three minutes. Do a quick release.

Meanwhile, in your Ninja Chopper, put:

- 3/4 - 1 cup cottage cheese
- 1 tsp. Brown Swerve or brown allulose/monkfruit blend

Blend well, Spoon into a bowl. Take one cup of the quinoa and pour over the cottage cheese. Can add a touch more sweetener on the top, if desired.

enJOY!

