

Apple Cinnamon Quinoa Breakfast Casserole

Serves 6

Ingredients:

- 1 cup Quinoa, uncooked
- 4 tbsp Flax or chia seed, milled
- 1 tsp Cinnamon
- ½ tsp Nutmeg
- 2 Apples, diced
- 2 Eggs
- 2 cups Milk (or alternative milk of choice)
- 1/8 cup Maple syrup

Directions:

1. Preheat oven to 350°F. Line a casserole dish with parchment paper and set aside.
2. In a medium sized bowl, mix the quinoa, cinnamon, and nutmeg and pour into casserole dish. Spread diced apples on top.
3. Using the same medium-sized bowl, whisk the eggs, milk, and maple syrup. Pour over the apples and quinoa, making sure the egg mixture spreads evenly and covers the apples.
4. Bake for 1 hour. There should still be liquid left after this time.
5. Let cool and cut or place in the fridge for later use. Reheat in microwave, as needed
6. Top with your choice of toppings: yogurt, nuts, berries seeds, granola, etc.

Nutrition Information (per serving):

Calories: 220 | Fat: 6 g | Carbohydrates: 30 g | Protein: 13 g | Fibre: 5 g | Sodium: 80 mg