

Quinoa Breakfast Bowl

- 1/3 c cooked quinoa, hot or warm
- 1/2 apple, diced
- 8 raw cashews
- 1 t each cacao nibs, mulberries, ground flax seed, chia seed, hemp seed, sunflower seed
- 1/4 c Greek yogurt

Combine all ingredients in a bowl. Devour and enjoy your day. Serves 1.

Jittery Cook