



Ingredients:

- 1 cup cooked quinoa
- 2 cups plant-based milk
- 1-2 tsp cinnamon
- 1 tsp vanilla
- 2 tsp honey
- 1 - 2 cups Greek yogurt
- 1 banana
- 2-4 strawberries
- 1 tbsp peanut butter
- 1-2 tsp additional honey (for drizzling)

Tips:

- Quinoa has about 4 grams of protein per serving, making it a great gluten-free alternative to traditional starchy grains.
- The combination of bananas and strawberries provides added vitamins and potassium.
- Heating the peanut butter helps in making it easier to drizzle and enhances the presentation of the bowl.
- A little bit of effort in presentation can make meals more exciting, especially for children.

Instructions:

1. Prepare quinoa:
 - Measure 1 cup dry quinoa and rinse it thoroughly.
 - In a pot, combine the quinoa with 2 cups plant-based milk, cinnamon, vanilla, and honey.
 - Bring the mixture to a rolling boil, then reduce the heat to a simmer until the liquid is fully absorbed. If necessary, add a bit more liquid to ensure quinoa cooks evenly.
 - Once the quinoa has absorbed all the liquid, remove from heat. Let it sit for a few minutes to achieve a fluffy texture and cool before combining with yogurt.
2. Combine with Greek yogurt:
 - Measure 1 - 2 cups of Greek yogurt for desired consistency and mix it into the cooked quinoa until well combined. The texture will be similar to overnight oats or oatmeal.
3. Assemble the bowl:
 - Scoop 1 - 1.5 cups of the quinoa-yogurt mixture into a bowl as the base.
 - Peel and slice one banana. Arrange the slices around the edge of the bowl.
 - Slice a few strawberries and create a tower in the center of the bowl with the slices.
 - Warm up 1 tbsp of peanut butter (either in the microwave or in a bowl of hot water until it becomes drizzly).
 - Drizzle the warmed peanut butter over the banana and strawberry slices.
 - Add a final drizzle of honey on top for extra sweetness or some chia/flax seeds for crunch (optional).
4. Serve:
 - Your quinoa Greek yogurt bowl is ready to enjoy. It's packed with protein, vitamins, and a delightful mix of flavors.