



## Strawberry Chia and Quinoa Breakfast

### ***INGREDIENTS:***

1 cup cooked quinoa

For the Strawberry Chia:

4 Tbsp chia seeds

1 1/3 cup your favorite non-dairy milk (almond or coconut)

3/4 cup quartered strawberries

1/2 Tbsp coconut sugar, optional

Toppings:

4 to 6 quartered strawberries ( 2 to 3 per portion)

2 to 4 Tbsp pecans ( 1 to 2 Tbsp per portion)

2 to 4 Tbsp unsweetened shredded coconut ( 1 to 2 Tbsp per portion)

### ***INSTRUCTIONS:***

To prepare strawberry chia, add the strawberries, milk of your choice, and coconut sugar (if using) to a blender and puree until smooth. Pour the mixture into a jar or a

glass container and add chia seeds. Mix well until all chia seeds are covered with the liquid. Cover with a tight lid and leave in the fridge overnight.

In the morning, place the chia seeds in a bowl. Add the quinoa, quartered strawberries, pecans, and shredded coconut.