

Pear & Pecan Breakfast Quinoa

8 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 350.
2. Grease a baking dish with a bit of coconut oil. In a large mixing bowl, combine the quinoa, almond milk, honey, cinnamon and nutmeg. Stir and pour into the baking dish. Bake for 30 minutes or until all liquid is absorbed.
3. In the mean time, stew the pears by adding them to a saucepan with the water. Bring to a boil, then reduce heat to medium. Let simmer while stirring occasionally for 15 minutes or until pears are soft.
4. To serve, scoop quinoa mix into a bowl and pour a bit of almond milk over top. Add a few spoonfuls of the stewed pears with juice then sprinkle with toasted pecans. Enjoy! (Pack it in a mason jar if you are on the go!)

Ingredients

1/3 cup	Quinoa (uncooked)
2/3 cup	Unsweetened Almond Milk
1 1/4 tps	Raw Honey
1/3 tsp	Cinnamon
1/3 tsp	Nutmeg
1/3 cup	Pecans (toasted)
1 2/3	Pear (cored and coarsely chopped)
3 1/4 tbsps	Water