



Hot 'n Fruity Quinoa Bowl



Entire recipe: 252 calories, 5.5g total fat (0g sat fat), 295mg sodium, 45.5g carbs, 8g fiber, 8g sugars, 7.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/4 cup uncooked quinoa, thoroughly rinsed
1 no-calorie sweetener packet (like Splenda or Truvia)
1/8 tsp. cinnamon
Dash salt
3/4 cup [Unsweetened Vanilla Almond Breeze](#)
1/4 cup blueberries
1/4 cup raspberries
1/4 cup chopped strawberries

Directions

In a nonstick pot, combine quinoa, sweetener, cinnamon, and salt. Mix in Almond Breeze and 1/3 cup water.

Bring to a boil, and then reduce to a simmer. Cook and stir until most of the liquid has been absorbed and quinoa is fully cooked, 12 - 14 minutes.

Stir in all the berries, and transfer to a medium bowl. Enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.