



Quinoa, Pecans & Blueberries

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

367.8 calories, 41.02 g carbohydrate, 5.74 g fiber, 35.28 g NET carbs, 8.46 g protein, 20.82 g fat

Ingredients

- 1 packet SweetLeaf Stevia Plus Sweetener
- 1 cup organic quinoa
- 1/2 tsp(s) organic cinnamon
- 1/3 cup(s) organic pecans, chopped
- 2 cup(s) organic blueberries
- 1 cup organic coconut milk
- 1 cup purified or spring water

Preparation

1. Rinse quinoa per package instructions.
2. Combine coconut milk, water and quinoa in a medium saucepan. Bring to a boil over high heat.
3. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed.
4. Turn off heat; let stand covered 5 minutes.
5. Stir in berries and cinnamon; transfer to bowls and top with pecans.
6. Sprinkle with stevia.
7. Serve.

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