

Breakfast



STRAWBERRY INFUSED QUINOA

Serves 1

Ingredients:

200ml water

40g cashews

4 x strawberries

150g cooked quinoa, any variety

1. Add water, cashews and strawberries to a blender and mix on high until smooth and creamy.

2. Place quinoa in a bowl, pour cashew milk over and sprinkle on toppings.

3. Enjoy immediately with a lovely cup of tea!

Toppings:

blueberries, goji berries & almonds

ENRICHED

NUTRITION & LIFESTYLE COACHING

