

Cinnamon Baked Quinoa

Ingredients:

- 2.5 cups cooked quinoa
- 4 large eggs, lightly beaten
- ¼ cup pure maple syrup
- 1/3 cup milk
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 Tbsp ground flax

Directions:

1. Preheat the oven to 375° F. Lightly grease an 8x8 inch baking dish with canola oil spray.
2. In a medium bowl combine the maple syrup, milk, eggs, cinnamon, and vanilla. Add flax and quinoa to the mixture and stir.
3. Pour into baking dish and spread evenly. Bake for 25-30 minutes, until the top is browned and the quinoa is set. Let cool 10 minutes then cut into 12 squares.
4. Tip: Top with nut butter before serving if you wish. This recipe works well as breakfast or a snack!
5. Note: You may also prepare this recipe in muffin tins for easy portion control.

