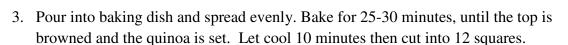
Cinnamon Baked Quinoa

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.



- 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.

