

Quinoa Yogurt Parfait

Prep Time 10 mins
Total Time 10 mins

Meal Type Breakfast
Contributed By



Source Adapted from [Seasonal Craving](#)

Servings 2



Ingredients

- 3/4 cup quinoa, *cooked*
- 1 cup plain Greek yogurt
- 1 cup mixed berries blueberries, raspberries, blackberries
- 1 Tbs maple syrup

Directions

Prep

1. Cook quinoa according to package directions.

Make

1. Place quinoa at the bottom of 4 glasses or bowls.
2. Top with yogurt, berries and maple syrup.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

</

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

© 2018-2019 Living Plate Rx

[Terms of Use](#) | [Privacy Policy](#)

ver. 1552967188