



INSTANT POT QUINOA BREAKFAST BOWL

Prep Time: 5 minutes | Cooking Time: 8 minutes

Serves 6

Directions

1. Add quinoa, water, cinnamon, vanilla and a pinch of salt to Instant Pot.
2. Close lid on the Instant Pot, making sure the knob is set to sealing. Select manual, high pressure, 8 minutes.
3. When the beep sounds, turn the knob to venting to release any remaining pressure. Once valve drops, remove the lid.
4. Scoop the quinoa into a bowl and top with desired toppings.

Ingredients

- 1 ½ cups uncooked **quinoa**, well rinsed
- 2 ½ cups **water**
- ½ teaspoon **cinnamon**
- ½ teaspoon pure **vanilla extract**
- Pinch of **salt**
- Optional toppings: peaches, bananas, sliced berries (fresh, frozen or canned), nuts and seeds, milk (dairy or non-dairy)

