

# BREAKFAST BERRY QUINOA

*Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium*

*Serves: 6 (Serving= 1 cup)*

## Nutrition (per serving)

Calories: 250

Total Fat: 3 g

Saturated Fat: 0 g

Sodium: 54 mg

Total Carbohydrate: 49 g

Dietary Fiber: 5 g

Total Sugars: 15 g

Protein: 10 g



## Ingredients

- Cooking spray
- 1 ½ cups quinoa, uncooked and rinsed
- 3 cups skim milk
- 1 teaspoon vanilla extract
- 2 ½ cups frozen mixed berries
- 2 Tablespoon Splenda® Brown Sugar Blend
- Almonds and fresh fruit, as needed for topping



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## Directions

1. Lightly spray sides of crock-pot with non-stick cooking spray. Add all ingredients, stir, cover, and cook on low for 4 hours.
2. Spoon out into serving bowls. Top off with additional ingredients if desired (almonds, fresh berries, etc.). Store leftovers in refrigerator.

## To make bariatric diet friendly:

Cut serving size down to  $\frac{1}{3}$  cup, add 4 scoops sugar free vanilla protein powder to entire recipe. For an added 4g protein, top with 1 tablespoon peanut butter. Can freeze in ice cube tray up to 2 months.

Bariatric nutrition info (18 servings,  $\frac{1}{3}$  cup each): Calories 100, Total Fat 1.5g, Sat Fat 0g, Sodium 80mg, Total Carbohydrate 15g, Fiber 2g, Sugars 4g (no added), Protein 8g