

# Breakfast Quinoa with Chocolate and Peanut Butter Recipe

Prep: 5 mins

Cook: 15 mins

Total: 20 mins

Serving: 1 serving

Breakfast cereal and oatmeal can be great breakfast choices, but you probably get tired of cereal if you eat it every day for breakfast. That's where breakfast quinoa comes in! Using soy milk or another non-dairy milk to boil quinoa, instead of water, transforms this uber popular grain from a lunch and dinner staple into a warm and hearty breakfast vegans will love. Not to mention it's also gluten free.

This breakfast quinoa recipe combines chocolate and peanut butter for a flavor combination from heaven. Even with a bit of cocoa and sweetener, this breakfast "cereal" is still much more nutritious than the sugar-packed, processed and refined cardboard-box brands in the supermarket. And with 8.1 grams of protein per serving compared to oatmeal's 10.6 grams, it's a good high-protein breakfast choice for vegans needing a nutritious breakfast to start the day.

Try this breakfast quinoa with chocolate and peanut butter recipe the next time you're looking for a sweet way to mix up your breakfast routine.

## Ingredients

- 1/2 cup quinoa
- 1 1/2 cups soy milk or other non-dairy milk
- 2 tablespoons peanut butter
- 1 1/2 tablespoons cocoa
- 1 1/2 tablespoons maple syrup or brown rice syrup (optional)

## Steps to Make It

1. Combine the quinoa and soy milk over medium-low heat. Cover and cook for 15 minutes or until quinoa is done, stirring frequently.
2. While the quinoa is still hot, stir in peanut butter, cocoa, and sweetener.
3. Makes one generous serving.