

Yogurt with Quinoa

Ingredients:

- Full fat Organic Yogurt
- Quinoa
- Strawberries
- Bananas
- Honey (If needed)

Directions:

Cook Quinoa according to package directions. Refrigerate and have on hand. Chop up strawberries and Bananas. Add $\frac{1}{2}$ cup yogurt with $\frac{1}{4}$ cup Quinoa. Top with Fruit.