



**Breakfast Recipes**

**Cinnamon Quinoa Breakfast Bowl**

# Cinnamon Quinoa Breakfast Bowl



- 1 pouch Real Food Blends® Quinoa, Kale & Hemp
- ½ cup peaches
- ¼ cup almonds, slivered\*
- 2 Tbsp maple syrup
- 2 Tbsp coconut, dried & shredded, unsweetened\*\*
- ½ cup oat milk, plain, extra creamy
- 1 Tbsp cinnamon, ground

## Instructions:

Combine the ingredients and blend until you have a smooth consistency.

\*Contains tree nuts

\*\*Contains coconut

\*\*\*Specific nutritional information may vary by brand/variety

## Nutritional Information\*\*\*

Serving size (mL).....	600
Calories.....	800
Calories (per mL).....	1.3
Fat (g).....	43
Carbohydrates (g).....	90
Fiber (g).....	17
Protein (g).....	21

Please check with your healthcare team if this recipe is right for the individual with the feeding tube.



For questions about Real Food Blends, contact Nutricia North America  
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