



Ashley's Meal Prep Monday!



Protein Quinoa Breakfast Bake

INGREDIENTS

1/2 cup quinoa dried
1/2 cup GF rolled oats
2-3 ripe bananas
1 scoop protein powder
(I used Truvani, vanilla)
1 1/2 cup frozen
blueberries
1/2 cup frozen
raspberries
2 cups almond milk
2 eggs
2 TBSP maple syrup
1 TSP vanilla
1/2 TSP cinnamon
pinch of salt
*Toppings: yogurt,
more berries,
chia pudding...

Preheat oven to 375. Rinse and drain quinoa. Spray an 8x8 pan with non stick spray and layer half the bananas (sliced length wise) and berries. Top with the oats and quinoa, spreading them out to make an even layer. Create a second layer of bananas and berries.

In a small bowl, whisk eggs, protein powder, milk, cinnamon, salt, vanilla, and syrup. Slowly pour the egg mixture over the pan, careful to not pour too quickly as the contents underneath will shift and wont bake evenly. Bake for 60-ish minutes uncovered. When finished, allow to cool for about an hour.



Enjoy by topping with yogurt, chia pudding or more fresh berries!

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Recipe: domeniquetrupia.com