



Ashley's Meal Prep Monday!



*Apple Cinnamon Quinoa Bake *with Protein*

INGREDIENTS

2 large apples, cubed
1 cup dried quinoa
2 eggs
2 cups almond milk
½ TBSP cinnamon
¼ cup applesauce
1 scoop protein powder
2 TBSP maple syrup
Sprinkle of salt

Preheat oven to 375. Prepare an 8x8 baking dish by lining it with parchment paper or spray with oil. Pour the cubed apples, maple syrup, applesauce and quinoa evenly into the baking dish.

In a small mixing bowl, whisk together the milk, eggs, protein, cinnamon and salt. Gently pour the mixture over the apples.

Bake for about an hour, until the center is completely cooked. Allow the bake to cool for at least 20 minutes before serving.



Recipe Idea: www.domeniquetrupia.com

CARTWRIGHT'S
MARKET