

Creamy coconut quinoa breakfast bowl

Description

Some mornings just call for a bowl that feels like sunshine, and this quinoa breakfast bowl is exactly that. It takes me right back to holidays in the tropics, Curacao, Jamaica and also the Philippines, places where coconut isnâ€™t just an ingredient, itâ€™s part of daily life. Someone chops a whole coconut for you right there, and you drink it and eat it on the spot.

My daughter is a quarter Filipino, so thereâ€™s something nice about bringing that flavor into our everyday breakfast, even in a small way. Creamy coconut quinoa, ripe mango, tart cranberries and a good crunch of toasted cashews, itâ€™s not quite the same as sitting on a beach with a fresh coconut, but it brings a bit of that feeling to an ordinary morning.

Quinoa is one of those quietly powerful ingredients. A complete plant protein, packed with fiber and slow-release energy, it keeps you full and steady for hours instead of crashing you by 10am. Swap your usual oats for this quinoa breakfast bowl and your body will thank you.

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

BLF Flavour

8.5 / 10

BLF Easy

7.5 / 10

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MAKE IT MORE BALANCED
Serve each bowl with a generous spoonful of Greek yogurt, quark, or skyr on top, or stir it through the warm quinoa if you like it creamier. **(+0.5)**
Add a little grated lime zest over the top before serving. **(Flavour boost)**

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Nourishment

Fiber: high
Veggie level: medium
Keeps you full: definitely
Energy: steady
Mood: bright & fresh

Details quinoa breakfast

Servings
2 servings

Prep time
10 minutes

Cooking time
15 minutes

Protein
13-15 gr per portion

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Ingredients

- Quinoa
- Mango
- Coconut flakes
- Cranberries
- Cashews
- Lime

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- Coconut milk
- Hemp seeds (optional)
- Add Yogurt or Quark for extra protein (+10-15gr)

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Directions

- Rinse the quinoa well, then cook it in the coconut milk (add a splash of water if needed) until soft and creamy, about 15 minutes.
- While the quinoa cooks, toast the cashews and coconut flakes in a dry pan for a few minutes until golden, keep an eye on them, they burn fast!
- Chop the mango into cubes and cut the lime into wedges.
- Divide the cooked quinoa between two bowls. Top with mango, cranberries, toasted cashews and coconut flakes.
- Finish with a squeeze of lime and serve warm (or let it cool slightly for a more overnight-oats vibe).

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