

# Superfood Quinoa Bowl

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 banana sliced
- 1/2 cup cooked quinoa
- 3-4 strawberries, sliced
- Handful blackberries and blueberries
- 1 tsp chia seeds
- 1/2 tsp cinnamon
- 1 tbsp pumpkin seeds
- 5 or 6 raw pecans
- 1-2 tbsp almond or peanut butter
- 1/2 cup your favourite yogurt
- Optional: 1/2 cup your favourite milk

## Instructions:

1. Assemble ingredients into a large cereal bowl. Mix together and enjoy.

## Notes:

Serves 1