



Breakfast Recipes

Quinoa Blueberry Pancakes

Ingredients:

- 2 ½ cups cooked quinoa
- 4 eggs
- 2 tsp grapeseed oil
- 1 cup almond milk
- 3 tsp baking powder
- 1 tablespoon honey
- 1 ½ cups blueberries
- ¼ teaspoon salt



Directions:

1. In a blender, mix milk, eggs, honey, quinoa and oil together
2. Once smooth add salt and baking powder and blend for a few seconds
3. Preheat griddle and spray with cooking spray
4. Pour ¼ cup batter on the griddle
5. Sprinkle blueberries over the batter and cook
6. Once there are bubbles, flip and cook the other side
4. Pancakes are done when golden brown

Enjoy!

Makes 8-12 pancakes depending on pancake size. Serving size is 4 pancakes

Nutrition Information:

Meal Plan Blocks:

1 serving: 345 calories, 14 grams protein, 47 grams carbs, 11 grams fat

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