



Makes 4 bowls
Preparation Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS:

1½ cups quinoa, rinsed and drained
¼ cup unsweetened cocoa powder
2 to 3 tablespoons pure maple syrup
2 cups plant-based milk, for serving
2 large pears, peeled and sliced

Chocolate Lover's Quinoa Breakfast Bowls with Pears

Chocolate and pears are a match made in heaven. Here, quinoa helps meld the two together in decadent-tasting breakfast bowls, which also work as a dessert when chilled. Use **any type of pear** in this low-maintenance dish. To avoid watery results, be sure to drain the quinoa in a fine-mesh strainer after cooking.

By Mary Margaret Chappell

- 1** Cook quinoa according to package directions. Drain, and stir in cocoa powder and maple syrup while hot. Let stand 5 minutes to develop the flavors.
- 2** Serve warm with milk and sliced pears for breakfast. If serving as a dessert: Stir the milk into the hot quinoa then chill; add sliced pears just before serving.