Blueberry Quinoa Parfait

Description

The soft and tender quinoa worked surprisingly well in the breakfast parfait with the creamy yogurt and the juicy blueberries! One of the good things about making this for breakfast is that you can cook a big batch of the quinoa on the first day and then just pull it out of the fridge and whip up the parfait in a few minutes for the next few days. I am definitely looking forward to making more of these this summer!

Ingredients

- 1 cup qunioa well rinsed
- 2 cup water
- 2 cup vanilla yogurt
- 2 cup blueberry
- 1/4 cup pecans toasted and chopped

Instructions

Bring the quinoa and water to a boil in a medium sized sauce pan, reduce the heat and simmer covered until the water has been absorbed and the quinoa is tender, about 15-20 minutes.

Chill the quinoa in the fridge.

Assemble the parfait by layering the quinoa, yogut, blueberries and pecans.



Summary

Yield: 2
Prep Time: 30 minutes
Category: Breakfast
Cuisine: American