



✂ Breakfast ⏰ 20 min

## Quinoa breakfast bowl with Chiquita banana and non-fat greek yogurt

Take a break from your breakfast routine with this quinoa breakfast bowl with Chiquita banana! Made with non-fat Greek yogurt, raisins, apple, red fruits and cacao nibs, cinnamon, coconut, and fresh fruit. It's healthy & vegan. This recipe aligns with the American Cancer Society's nutrition guidelines. ACS recommends a diet that emphasizes fruits and vegetables, whole grains, and lean proteins, and limits red and processed meat, to help reduce the risk of cancer.

1

Cook the quinoa and let it cool off.

2

Mix the cooked quinoa with the non-fat yogurt.

3

### INGREDIENTS FOR 2 PERSONS

- 1 Chiquita banana
- 1 apple
- 2 cups of non-fat yogurt
- 1 cup of mixed red fruits
- 1/2 cup of quinoa
- 2 tsp cacao nibs

### NUTRITIONAL VALUES PER PERSON

- 288 Calories
- 3.4g Fat
- 1.4g Saturated fat
- 43.8g Carbohydrate
- 29.8g Sugars
- 4g Fiber
- 14.3g Protein
- 0.3g Salt

Chop the Chiquita banana in pieces.

4

Top the bowl with the chopped Chiquita banana, red fruits and cacao nibs.

5

Enjoy and share your quinoa breakfast recipe using [#ChiquitaBanana](#)