

# Breakfast Protein Bowl

7 ingredients · 25 minutes · 1 serving



## Directions

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1. Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
2. Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
3. Add the spinach to the same pan and heat over low until wilted. Remove from heat.
4. Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

## Notes

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### Prep Ahead

Make the quinoa in advance and used hard boiled eggs to save time.

### Extra Nutrients

Top with sprouts or microgreens.

## Ingredients

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- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)