



**SERVING SIZE**  
Recipe makes 2 servings



# Quinoa & Raisin Oatmeal

## INGREDIENTS

- 2 cups unsweetened plain or vanilla almond milk
- 1 cup water
- 3/4 cup gluten-free or regular rolled oats
- 1/4 cup quinoa, rinsed well in a mesh strainer
- 1/2 tsp salt
- 2 tbsp organic maple syrup
- 2 1/2 tsp ground cinnamon
- 3/4 tsp vanilla extract
- 2 scoops Vital Proteins Collagen, optional
- 1/4 cup raisins

## INSTRUCTIONS

1. In a medium pot bring the milk, water, oats, quinoa, and salt to a light boil over medium heat.
2. Cover, reduce heat to medium-low, and simmer until quinoa is cooked through.
3. Once the quinoa and oats are cooked through, add the maple syrup, cinnamon, vanilla, collagen (if using), and raisins. Stir well.
4. Divide between 2 bowls.

## FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras