

Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve hot or cold.

Makes: 6 servings

Ingredients

- ½ cup quinoa, dry, rinsed
- 1 cup rolled oats
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 2 ½ cups milk
- ½ teaspoon vanilla extract
- 6 cups berries - blueberries, blackberries or raspberries
- plain yogurt (optional)



Directions

1. Preheat oven to 400°F.
2. Grease a baking dish.
3. In a medium bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.
4. Pour mixture into prepared baking dish.
5. Bake for 25–30 minutes or until quinoa is cooked.
6. Remove from the oven and stir carefully. Let sit for 5 minutes before serving.
7. Can be served either hot or cold.

8. Top with yogurt, if desired.

Note: For a thicker consistency allow dish to sit for up to 10 minutes before serving.

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