

BERRY GRAIN BOWLS

MIX & MATCH

Grain bowls are healthy, delicious, and easy to make with whatever you have on hand!



INGREDIENTS *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

1. START WITH YOUR GRAIN OF CHOICE

QUINOA, BULGUR, OATS (OR A COMBINATION OF GRAINS). COOK DESIRED AMOUNT ACCORDING TO PACKAGE DIRECTIONS



2. STIR INTO 1 CUP COOKED GRAINS

- 1/4 CUP MILK OF CHOICE (NUT, OAT, COCONUT, ETC.)
- 2 TBS MAPLE SYRUP
- 2 TSP VANILLA
- 1/2 TSP CINNAMON
- PINK SALT TO TASTE



3. TOP WITH WHATEVER IS CALLING YOUR NAME

- FRUIT; STRAWBERRIES, BLUEBERRIES, BLACKBERRIES, MANGO, BANANA, APPLE, ETC.
- NUTS OF CHOICE (ALMONDS, WALNUTS, PISTACHIOS, ETC.)
- SEEDS OF CHOICE (CHIA, HEMP, FLAX, SUNFLOWER, SPROUTED PUMPKIN, ETC.)
- WHEAT GERM, COCONUT, GRANOLA, ETC.
- DOLLOP OF REEK YOGURT.