

Clean & Lean Revolution

Green Smoothie & Coconut Quinoa Pudding Recipes
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three-four dinner recipes that offer ten servings

COCONUT QUINOA BREAKFAST PUDDING

SERVES THREE (360 calories per serving)

- 2/3 cup GF Steel cut oats
- 1/3 cup unsweetened shredded coconut
- 1 cup almond milk (homemade prefer)
- ½ tsp ground cinnamon
- pinch of coarse sea salt
- 1 T coconut oil
- 2 nectarines, sliced
- 1.5 T real maple syrup
- 1/4 cup unsweetened large coconut flakes, toasted

INSTRUCTIONS

In a bowl, combine oats and shredded coconut with 1 1/2 cups water and refrigerate overnight.

Transfer mixture to a saucepan and add milk, cinnamon, and salt. Bring to a boil, then reduce heat and simmer, covered, until creamy, about 12 minutes. Remove from heat, stir, and cover.

Heat oil in a medium skillet over medium-high heat and sauté nectarines until golden, 1 to 2 minutes, before stirring in syrup and almond butter.

Divide oats between three bowls and top with nectarines and coconut flakes. Drizzle with additional syrup, if desired.

