

# Coconut Quinoa

**YIELD: 6 SERVINGS**

Gluten-free

Dairy-free

FODMAP friendly



## INGREDIENTS

- 1 Tbsp coconut oil
- 1 cup quinoa, rinsed
- 2 Tbsp coconut flakes, unsweetened
- 2 cups coconut milk, unsweetened
- ½ tsp salt, kosher

## DIRECTIONS

1. Heat coconut oil (1 Tbsp) in a medium saucepan over medium heat.
2. Add rinsed quinoa (1 cup). Stir to coat with oil.
3. Lightly toast for about three minutes while stirring every minute.
4. Add coconut flakes (2 Tbsp), and toast for another minute.
5. Add coconut milk (2 cups) and salt (½ tsp). Bring to a simmer.
6. Cover the pan and adjust the flame to maintain a gentle simmer. Cook for 20 minutes or until the coconut milk is absorbed and the quinoa is tender. Adjust salt as needed.



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### NUTRITION FACTS

Serving size 1 (3.8oz)

Amount Per Serving	108g
<b>Calories</b>	<b>280</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 20.6g	<b>32%</b>
Saturated Fat 16.9g	<b>84%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
<b>Dietary Fiber</b> 2g	<b>9%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 6g	<b>11%</b>
Vitamin A	<b>0%</b>
Vitamin C	<b>1%</b>
Calcium	<b>3%</b>
Iron	<b>21%</b>