



# *Breakfast Casserole*

SERVINGS: 4

TOTAL TIME: 1.5 HOURS

## **INGREDIENTS**

- 1 cup quinoa
- 2 teaspoons cinnamon
- 1/2 teaspoon allspice
- 2 eggs
- 2 cups skim milk
- 1/4 cup maple syrup
- 1 1/2 cups frozen berries
- 1 apple or pear, peeled, cored, and chopped into 2.5cm cubes
- 1/2 cup coarsely chopped nuts (optional)

## **DIRECTIONS**

1. Preheat oven to 180 degrees. Lightly grease a 20-by-20-cm square baking pan, and set aside.
2. In a medium bowl, stir together quinoa, cinnamon, and allspice to coat quinoa with spices. Pour quinoa over bottom of prepared pan.
3. In the same bowl used for quinoa, beat eggs until fully mixed. Whisk in the milk and maple syrup, and beat to combine.
4. Scatter berries, apple or pear, and nuts (if desired) evenly on top of quinoa.
5. Pour egg and milk mixture over top of fruit and quinoa. Lightly stir to partially submerge fruit. (Milk mixture will cook quinoa to create a very soft texture on the inside while creating a lightly crunchy crust on the outside.)
6. Bake for 1 hour, or until casserole is mostly set with only a small amount of liquid left. Serve warm, and refrigerate leftovers.

**NOTE:** Add whatever fruit and nuts you like best.