

FRUITY BREAKFAST PIE



INGREDIENTS

- 3 bananas sliced
- 1/2 cup quinoa
- 1/2 cup oats
- 1/4 cup sweetener (swerve, Stevia, brown sugar, etc.)
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 cup sliced peaches
- 1 cup sliced strawberries
- 2 cups milk (almond, soy, regular, etc.)
- 2 eggs
- 1 tsp vanilla extract
- 1/2 cup shredded coconut

INSTRUCTIONS

1. Preheat oven to 375°F and spray a 9x13 inch baking pan with cooking oil and place sliced bananas at the bottom.
2. In a separate bowl, mix quinoa, oats, sweetener, cinnamon, and salt. Pour mixture over bananas.
3. Arrange sliced peaches and strawberries over dry mixture.
4. In a separate bowl, whisk together the milk, eggs, and vanilla extract and pour mixture over fruit.
5. Sprinkle the disk with coconut flakes.
6. Bake at 375°F for 1 hours or until brown and firm
7. Dish can be served either warm or cold and even top it with some yogurt.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 12

Calories	88
Total fat	3g
Saturated fat	3g
Cholesterol	31mg
Sodium	43mg
Total carbohydrates	17g
Dietary fiber	2g
Sugar	6g
Protein	3.5g
Calcium	17.7%
Iron	8.7%
Potassium	218mg
Vitamin A	17%
Vitamin C	12%

