

Instant Pot Peanut Butter Cup Quinoa

THM-Friendly: E

I LOVE breakfast quinoa. It's warm, cozy, hearty and so filling.
I just love everything about it.

- 1 cup quinoa, rinsed (I use golden)
- 1 cup water
- 1/2 cup unsweetened nut milk
- 2 Tbsp. cocoa
- 1 heaping Tbsp. peanut flour
- 1/2 cup THM Gentle Sweet
- 2 heavy pinches of mineral salt

Mix all ingredients together.

Cook on "pressure cook" or "manual" in instant pot for 1 minute; natural pressure release for 8 minutes.

Add a splash of nut milk and some berries on top!

enJOY!

