

Trim Healthy
W I S D O M

Nested Quinoa – E or XO

(Depending on nut or nut butter amounts.)

This is the quinoa version of *Nested Oats*. It has a succulent liquid nest (providing all your protein needs) for the quinoa to sit in and is topped with a *Cinnamon-Sweet Sprinkling* that sets it off perfectly.

Single Serving

INGREDIENTS:

For the Nest

3 Tbs [TH Optimized Plant Protein](#)
2 Tbs water
½ cup unsweetened almond milk
2 doonks [TH Pure Stevia Extract Powder](#)

For the Quinoa

¾ - 1 cup pre-cooked quinoa

For the *Cinnamon-Sweet Sprinkling*

1 Tbs [TH Gentle Sweet](#)
cinnamon (very generous sprinkling)

Standard Toppings



INSTRUCTIONS:

1. Make The Nest: Put all nest ingredients into a breakfast bowl and stir well with a fork.
2. Place the cooked quinoa in the nest. Don't stir the quinoa in; just let it rest in the nest, then add the *Cinnamon-Sweet Sprinkling*.

3. Top with your choice of *Standard Toppings*.

Protein Nerd Notes:

- You are all set with a full 3-gram leucine bolus plus plenty of other essential amino acids in this recipe to protect and boost your lean body mass.
- If preferred, you can use another protein powder in the same nested fashion but do aim for a 2–3-gram leucine bolus if you can.
- An alternative is to use just 1½ Tbs of [TH Optimized Plant Protein](#) in the nest if you desire a less hempy flavor and use a full serving of [TH Optimized Collagen](#) in your coffee for your Protein Nerd Level 3 sufficiency.