



## Banana Bread Quinoa and Barley

### Ingredients:

- 1 package Nature's Earthly Choice™ Quinoa and Barley
- 2 cups plain or vanilla Greek yogurt
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 2 bananas, sliced
- 1 teaspoon vanilla extract (optional)
- Crushed nuts (optional)

### Directions:

1. Combine the Greek yogurt, maple syrup, cinnamon, nutmeg, and vanilla extract, if using. Taste and adjust as necessary.
2. Squeeze the pouch of quinoa and barley to break up the grains. Add to the yogurt and mix. Top with banana, nuts, and cinnamon. Serve cold.