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5-minute Honey Yogurt Quinoa Parfait

A quick and healthy breakfast parfait made with honey, yogurt, and quinoa. It's a delicious and nutritious way to start your day.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

50 g	Quinoa
150 g	yogurt
2 tsp	honey

Directions

Step 1

Boiling

Cook the quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a bowl, layer the cooked quinoa, yogurt, and honey.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Repeat the layers until all ingredients are used.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Serve immediately or refrigerate for later.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Valentine's Day

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

Kitchen Tools

Blender Microwave

Course

Salads Soups Snacks Sauces & Dressings

Difficulty Level

Medium

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