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Oatmeal contains a balanced soluble and insoluble fiber, which reduces your low-density lipoprotein (LDL), the bad cholesterol. Walnuts can significantly

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Cinnamon Quinoa Breakfast Bowl Recipe Love and Lemons

Take a break from your oatmeal routine and make this sweet quinoa breakfast bowl with almond milk, cinnamon, coconut and seasonal fruit! Vegan and Gluten free.

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Quinoa Oatmeal Recipe Vegan Food Tips by Chloe Blog

This Quinoa Oatmeal has all of the comforting goodness of oats, but it s more filling and nutritious. Also, this recipe is super easy to prepare.

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Vegan Quinoa Oatmeal Recipe Allrecipes com

This vegan oatmeal contains quinoa, oats, coconut, and cacao nibs (low-carb roasted, coarsely ground cocoa beans) for a chocolaty flavor.

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Healthy Crock Pot Quinoa Oatmeal Breakfast Recipes

JordanBerecz.com is an Atlanta lifestyle blog. Crockpot Quinoa Oatmeal - the most delicious and easy breakfast made with steel cut oats, quinoa, honey

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