Warm Quinoa Breakfast

Ingredients

Quinoa
1 cup quinoa, rinsed
1 ¾ cups water
½ - ¾ teaspoons salt

Add-ons (These ingredients are better added to each, individual bowl)

Fruit
1 small or ½ medium banana, sliced
½ apple, chopped
½ pear, chopped
1-2 tablespoons dried fruit (unsweetened dried cranberries, cherries, blueberries, raisins, dates, figs, etc.)

Nuts
¼ cup chopped walnuts, pecans, almonds, hazelnuts, Brazil nuts
2 tablespoons almond butter, coconut butter, sunflower butter or organic peanut butter – or a combination of any of these nut butters (½ almond, ½ coconut)

Cinnamon: Generous sprinkle of cinnamon

Milk or Milk Alternative: Unsweetened almond, rice, hempseed, coconut, hazelnut, etc.

*Sweetener: 1 teaspoon pure maple syrup, raw honey, organic blue agave

Directions

1. Place quinoa, water, and salt into a small sauce pan. Bring to boil and cover. Cook for 12-15 minutes or until the water at the bottom of the pan has cooked off (tip pan to check).
2. Place fruit in the bottom of the bowl, serve warm quinoa over fruit, add ¼ cup nuts or 2 tablespoons nut butter, sprinkle with cinnamon, drizzle sweetener over top, and top with milk or milk alternative.
3. Enjoy!!

*Optional, the quinoa, fruit and milk may be sweet enough that added sweetener is unnecessary.

Recipe by Leigh Wagner, MS, RD