Cancer treatment can knock you for a loop. Side effects from chemotherapy and radiation treatments often include nausea, loss of appetite, trouble swallowing, and low energy. The idea of eating, much less cooking, is far from the minds of most patients. But, as National Cancer Institute studies have shown, maintaining a healthy, balanced diet that's low in fat and rich in antioxidants is critical to a patient's recovery and long-term health.

Cozy Quinoa Breakfast Bowl

Ingredients:
- 1 cup quinoa, rinsed
- 1 ¾ cups water
- ½ - ¾ teaspoon salt

Add-ons (These ingredients are better added to each individual bowl)
- 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.)
- 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)
- Generous sprinkle of cinnamon
- Unsweetened milk alternative such as almond, rice, hempseed, coconut or hazelnut milk
- 1 teaspoon pure maple syrup, raw honey, organic blue agave

Place quinoa, water, and salt into a small 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).

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.

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