

CINNAMON BERRY QUINOA

INGREDIENTS

- 1/2 C Quinoa (rinsed)
- 2 C Almond Milk **OR** Rice Milk **OR** Milk (non-fat or low fat) (divided)
- 1 t Cinnamon
- 1 C Berries (fresh) (strawberries) (blueberries)
- 1/4 C Pecans (toasted) **OR** your favorite nuts

- 3 T Honey **OR** Agave (divided)



DIRECTIONS

- 1 Fill a 2 quart pot with the 1 C milk (of your choice) & place it on high heat to bring it to a boil
- 2 Add the rinsed quinoa to the milk.
- 3 When the milk re-boils (1-2 minutes), cover the pot & reduce the heat to simmer
- 4 Cook covered 10-15 minutes or until the quinoa is soft & the milk has been absorbed
- 5 Blend the cinnamon into the quinoa
- 6 Add 1 C milk (of your choice) & mix it in to the quinoa
- 7 If you like your cereal floating in a little milk, then re-heat for just a few minutes
- 8 If you like your cereal thick, re-heat the mix for a little longer until the cereal has thickened
- 9 Divide the quinoa between individual serving bowls
- 10 Top with the fresh berries & the toasted pecans
- 11 Drizzle the honey over the top & serve warm.

NOTES

Serves 3

