



BREAKFAST QUINOA

- Serves: 4

Ingredients:

- 1 cup quinoa, rinsed and drained
- 2 cups low-fat milk or non-dairy milk substitute, plus more for serving
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 tablespoon brown sugar
- 1 apple, cored and diced into ½" pieces

Directions

Combine quinoa, milk, vanilla, cinnamon and brown sugar in a 2 quart saucepot. Bring to a boil over medium-high heat, stirring frequently to keep milk from scorching. When it starts to boil, immediately reduce the heat to low and cover. Simmer for 15-20 minutes until quinoa has absorbed most of the liquid. Stir in chopped apple and divide between 4 bowls. Serve warm with additional milk on the side.

