



APPLE CINNAMON QUINOA

Makes 4 servings | Serving size: 1 cup

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

Enjoy this comforting, warm breakfast on a cool morning. Cooked quinoa is similar to oatmeal, but packed with protein, making it a great breakfast choice.



Ingredients

- 2 cups almond milk
- 1 cup quinoa, rinsed
- Dash salt
- ½ teaspoon cinnamon
- 1 large apple

Additional toppings

- Pecans
- Maple syrup
- Almonds
- Mixed berries

Directions

1. Peel and dice the apple.
2. In a medium saucepan, bring the milk boil.
3. Add quinoa, salt, cinnamon, and apple.
4. Turn heat down to a simmer until the milk is fully absorbed—about 20 minutes.
5. Cover and let rest for 5 minutes.
6. Spoon into bowls and sprinkle with additional toppings, if desired.