

Breakfast

Quinoa Breakfast Cereal

Gary Allison



Serves: 4

Preparation Time: 30 -45 minutes

Ingredients:

- 1 cup quinoa
- 2 cups non-dairy milk such as almond, hemp, soy or quinoa
- 1/2 cup water
- 1/4 cup dried goji berries
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 1/2 cup frozen blueberries
- 1 apple, diced
- 1 banana, sliced
- 2 tablespoons raisins or 2 pitted chopped dates
- 2 tablespoons dried dark tart cherries or 2 unsulfured dried figs, chopped
- 2 tablespoons pomegranate arils
- 2 tablespoons chopped walnuts

Instructions:

In a 2 quart pot, lightly toast the quinoa and then add the non-dairy milk and water. Bring to a boil and reduce to simmer. Add the goji berries, hemp and chia seeds. Simmer, stirring occasionally for 15 to 20 minutes or until the mixture thickens. Add the frozen blueberries and simmer for an additional 15 to 20 minutes or until the Quinoa is soft to the bite.

For each serving, place some of the diced apple in a dish; scoop the quinoa mixture over the apple. Top with banana, raisins, cherries, pomegranate and walnuts. Serve with additional milk on the side if desired.

Makes 4 servings.

Per Serving:

CALORIES 366; PROTEIN 13g; CARBOHYDRATES 61g; TOTAL FAT 9.3g; SATURATED FAT 1.1g; SODIUM 53mg; FIBER 10.4g; BETA-CAROTENE 327ug; VITAMIN C 10mg; CALCIUM 266mg; IRON 4.1mg; FOLATE 89ug; MAGNESIUM 153mg; ZINC 2.4mg; SELENIUM 9.7ug