

Cinnamon Apple Breakfast Quinoa



Ingredients

1/2 cup cold water
1/2 cup almond milk unsweetened
1/2 cup uncooked quinoa, rinsed
1/2 tsp cinnamon
1 tsp honey
1/8 tsp vanilla
1/2 cup apple, diced

Instructions

In a saucepan, bring water, almond milk, vanilla, and cinnamon to a boil. Add the quinoa, and reduce to a simmer. Cover and cook the quinoa on medium low heat for 15 minutes (or until liquid has been absorbed) Fluff quinoa with a fork and gently stir in diced apples and honey.

Nutrition Information Per Serving

Serves 2-3
Calories: 195
Fat: 11.2 gm
Sugars: 2.3 gm
Fiber: 3.0 gm
Carbohydrates: 20.6 gm
Protein: 4.7 gm