

## BREAKFAST QUINOA

### INGREDIENTS

- ½ cup or more cooked quinoa, warmed
- ½ to 1 cup milk of choice (almond milk, coconut milk, cows milk)
- ⅓ cup or more fruit (berries, chopped apple or pear, tropical fruit)
- Optional add-ons: toasted nuts, apple sauce, coconut flakes, balsamic vinegar, chopped dark chocolate, spices like cinnamon and nutmeg
- Optional sweeteners: honey, real maple syrup, agave nectar, stevia, raw sugar, brown sugar



### INSTRUCTIONS

In a bowl, combine warmed quinoa with milk. Top with fruit, add-ons and sweetener of choice. Good morning to you!

Recipe from: <http://cookieandkate.com/2011/breakfast-quinoa/>