Breakfast Quinoa

Makes 2 servings

Ingredients
- 2 cups cooked quinoa
- ½ cup milk of choice
- 1 teaspoon ground cinnamon
- 2 tbsp maple syrup
- ⅛ tsp kosher salt

Toppings
- Fresh berries, banana
- Sliced almonds or nut butter
- Coconut flakes

Directions
1. Cook the quinoa in advance.
2. Place the quinoa, milk, cinnamon, maple syrup and kosher salt in a saucepan. Heat for 3 to 4 minutes over medium heat until warmed through, stirring occasionally.
3. Top quinoa with berries, sliced almonds, coconut flakes, and a drizzle of nut butter. Serve immediately.

Tips to cook Quinoa:
1. Rinse quinoa in a fine mesh colander for at least 30 seconds to get rid of bitter taste.
2. Use a 1:2 ratio of quinoa to water, and a little bit salt. Cover and let it simmer for 15 to 18 minutes, until all water is absorbed.
3. Cooked quinoa lasts up to 5 days in the fridge.

Quinoa is a gluten-free whole grain. Unlike most plant-based foods, quinoa is a complete protein with all essential amino acids that make up our bones, muscles, skin, and blood. Quinoa is high in fiber which can relieve constipation. Quinoa balances cholesterol and blood sugar levels which can lower risk of heart disease, diabetes and intestinal cancer.

Cook quinoa to make salads or as a side dish for chicken, fish or grilled veggies. Quinoa flakes can be cooked like instant oatmeal or used in place of quick oats.

Health Tip of the Month

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