

QUINOA BREAKFAST CEREAL

INGREDIENTS

- 3 cups water
- 1 cup quinoa
- ¼ cup squash, diced
- ¼ cup carrots, thin rounds or shredded
- ¼ cup raisins
- ¼ cup walnuts
- ¼ cup sesame seeds
- ¼ cup soy/nut milk

DIRECTIONS

1. Rinse quinoa with cold water until clear. Bring 3 cups water to a boil
2. Add quinoa to water, reducing heat to a simmer, cook for 20 minutes total
3. After 10 minutes, add all ingredients but milk and stir.
4. Continue cooking for 10 more minutes until water fully absorbed and soft.
5. Remove from heat and stir in milk

