



Breakfast Quinoa

Prep Time: 5 minutes

Cook Time: 25 minutes

Serves 4

Ingredients:

1 cup quinoa, rinsed
1 cup almond milk
1 cup water
½ tsp. cinnamon
1 1/3 cups blueberries
1 1/3 cups pineapple
4 tsp. brown sugar



Preparation:

Combine quinoa, milk and water in a pot with a lid. Bring to a boil. Lower heat and cover the pot. Simmer for 15-20 minutes until most of the liquid is absorbed. Turn off the heat and stir in cinnamon. Let sit for about 5 minutes.

Top each serving with blueberries, pineapple and brown sugar.

