

Quinoa Breakfast Bowl

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Ingredients:

2 cups skim milk
1 tsp vanilla
1 cup quinoa (dry measurement)
1 apple, diced small
1/4 tbsp dried cranberries
1/4 c. chopped walnuts
1 tsp cinnamon
Almond or peanut butter, to taste
Honey or maple syrup, to taste



Directions:

Boil milk in a medium pot on the stove. Once boiling, add in your vanilla and then quinoa and reduce to a simmer until the milk is absorbed and quinoa fluffy, approx. 7-10 minutes. Please note: milk likes to bubble up and boil over easily when heated, so keep a close eye on this while it's cooking. Divide quinoa into 4 bowls and top evenly with diced apples, dried cranberries and walnuts. Drizzle with creamy almond or peanut butter and honey or maple syrup to taste. Sprinkle with approximately 1 tsp cinnamon per bowl.

Yield: 4 - 1/2 cup servings

Make it local by using milk from [Sweet Land Farm](#) in Willis, honey from [Happy Hollow Bees and Honey](#) in Blacksburg and apples from [Doe Creek Farm](#) in Pembroke.