

Hot breakfast cereal excellent source of protein.....

Cream of Quinoa

Ingredients:

- 1 cup quinoa
- 2 cups Coconut milk
- ¼ cup Dried cranberries (hand full)
- ½ tsp of cinnamon
- Pinch of salt (brings out full flavour)

Preparation:

- Add Milk, Quinoa and salt to pot and bring to boil, reduce heat and simmer for 10 minutes.
- Small separate bowl, toss cranberries in cinnamon
- Remove quinoa from heat, fluff with fork,
- Stir in cranberries and serve.

Tips and Twists:

Rule of thumb for cooking Quinoa 2:1 ratio, 2 liquid:1 quinoa

Change the milk, (almond milk? vanilla soya milk, etc.....)

Switch the fruit, blueberries, cherries, trail mix, nuts.....let your imagination go!

Try fresh fruit.

Enjoy!