

## **Quinoa Hot Breakfast cereal**

½ c Quinoa

1 c Water

¼ tsp Salt

¼ c walnuts/pecans/almonds chopped

1/8 c dried cranberries or raisins

1 tbsp maple syrup/raw brown sugar/honey

¼ cup whole milk/coconut milk

1tbsp butter/coconut oil/coconut ghee

Dash cinnamon and/or nutmeg

Rinse and drain the quinoa. Put the quinoa, water, and salt into a saucepan and bring to boil. Reduce heat to simmer; cover and cook until all water is absorbed (10-15 minutes). When done, the grain appears translucent and the germ ring will be visible. Stir in nuts, dried cranberries, maple syrup, butter, and milk. Serve in a bowl and top with cinnamon and nutmeg if you like.