

Quinoa Hot Breakfast Cereal

1 cup quinoa

2 cups water

1/2 cup apples; thinly sliced

1/3 cup raisins

1/2 tsp cinnamon

¼-1/2 cup milk/cream/coconut milk or cream/almond milk+1tblsp butter or coconut oil

~ 1 tblsp honey/maple syrup/raw cane sugar or brown sugar/fruit preserves

1/2 cup walnuts or pecans

Rinse quinoa and add to water; bring to a boil. Reduce heat; simmer for 5 minutes. Add apples, raisins and cinnamon; simmer until water is absorbed. Apples and raisins are optional.

Serve with whole milk, cream, coconut milk/cream or almond milk+1tbls butter or coconut oil and sweeten to taste with honey, real maple syrup, or raw cane sugar/brown sugar. Add walnuts or pecans on top. Enjoy the hot goodness in your tummy!