



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Quinoa Breakfast Cereal

Adapted from www.Epicurious.com

1½ cups skim milk
1 cup uncooked quinoa
¼ tsp salt
½ teaspoon ground cinnamon, plus more for serving
4 tsp honey, agave, or maple syrup
20 walnut halves
1 cup sliced strawberries

Instructions:

In a medium saucepan, combine skim milk, quinoa, salt, and cinnamon and bring to a boil, covered. Reduce heat to low and cook until milk is absorbed and quinoa is tender (about 20 minutes).

Remove pan from heat and let stand for 5 minutes, covered. Fluff with fork.

Divide quinoa evenly among 4 bowls. Top each with 1 tsp of honey, agave, or maple syrup, 5 or 6 walnut halves, and ¼ cup of sliced strawberries. Use additional milk as desired.

Note:

-Washing quinoa helps remove its bitterness, however many brands in the United States process the grain so this is not an issue. If you aren't sure, you can wash your quinoa in a bowl in several changes of water, rubbing grains and letting them settle before pouring off water. Repeat until water runs clear. Drain quinoa in fine mesh sieve.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 300 calories

PROTEIN: 10 g

SODIUM: 190 mg

CARBOHYDRATE: 50 g

FIBER: 7 g

FAT: 8 g

Sat Fat: 0.5 g