

Quinoa Cereal

1½ cups skim milk
½ cup rinsed quinoa
2 tsp pure maple syrup

1 pinch ground cinnamon
½ cup fresh raspberries
½ each Sliced banana



Procedure

- 1 Bring milk and quinoa to a boil in a small saucepan.
- 2 Simmer, covered, until most of milk is absorbed, about 14 minutes.
- 3 Remove from heat and stir in maple syrup, cinnamon, and raspberries.
- 4 Top with banana.

Servings: 4

Nutrition Facts

Serving size: 1/4 of a recipe (5.2 ounces).

| Amount Per Serving | |
|----------------------------------|--------|
| Calories | 139.45 |
| Calories From Fat (10%) | 13.52 |
| % Daily Value | |
| Total Fat 1.51g | 2% |
| Saturated Fat 0.22g | 1% |
| Cholesterol 1.84mg | <1% |
| Sodium 40.36mg | 2% |
| Potassium 346.4mg | 10% |
| Total Carbohydrates 25.7g | 9% |
| Fiber 2.91g | 12% |
| Sugar 9.44g | |
| Protein 6.45g | 13% |

Recipe Type

Breakfast

Source

Source: WHOLE LIVING

Web Page: www.marthastewart.com/856224/quinoa-cereal

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