

Breakfast Quinoa

Ingredients

- 1 cup quinoa
- 2 cups water
- 1 tsp cinnamon
- 2 tbsp honey

Directions

1. Rinse quinoa under running water and place medium size pan on stove top with 2 cups of water on medium heat. Heat until water comes to a boil, turn off heat and cover pan with lid or foil. Let sit for 10 minutes.

2. Add remaining ingredients making sure to mix thoroughly and eat cold or hot.

Optional: Add nuts or fruit

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 190 calories, 2.59 g fat, 0.3 g saturated fat, 6 mg sodium, 36.52 g carbohydrate, 3.34 g fiber, 8.7 g sugar, 6.06 g protein

