

# Fruited Breakfast Quinoa

Source: Foods That Fight Pain by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

Quinoa is a highly nutritious grain that was a staple in the diet of the ancient Incas. It has a delicious flavor and a light, fluffy texture.

## About the Recipe

**322 Calories · 9 g Protein · 5 g Fiber**

**Breakfast**

**Gluten-free · Nut-free**

## Ingredients

***Makes 2 Servings***

- 1/2 c (93 g) dry quinoa, well-rinsed
- 1 1/2 c (350 mL) low-fat nondairy milk
- 2 tbsp (20 g) raisins
- 3 apricots, chopped
- 1/4 tsp (1.2 mL) vanilla extract
- 1/2 c (166 g) berries
- Fruit to top

## Directions

1. Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender.
2. Stir in raisins, apricots, and vanilla, and then transfer about 1 1/2 c (350 mL) to a blender and puree. Return pureed mixture to the pan and stir to mix. Serve warm or chilled. Add berries or other fruit, if desired.

# Nutrition Facts

*Per serving*

**Calories:** 322

**Fat:** 4.8 g

**Saturated Fat:** 0.5 g

**Calories from Fat:** 15%

**Cholesterol:** 0 mg

**Protein:** 9 g

**Carbohydrates:** 61 g

**Sugar:** 24.6 g

**Fiber:** 5 g

**Sodium:** 83 mg

**Calcium:** 260 mg

**Iron:** 2.7 mg

**Vitamin C:** 8.5 mg

**Beta-Carotene:** 906 mcg

**Vitamin E:** 2.4 mg