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 **optional*
- Fruit to top **optional*

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