Cranberry-Almond Breakfast Quinoa

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes
Yield: 2 servings | Serving Size: ~1 cup

Ingredients
½ cup uncooked quinoa, rinsed
½ cup water
½ cup lowfat (1%) milk
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
¼ cup dried cranberries
¼ cup almonds, chopped

Directions
1. Add the quinoa, water, and milk to a small saucepan over high heat.
2. Bring to a boil, then reduce the heat to low.
3. Add the cinnamon and vanilla.
4. Cover the pot with a lid and simmer until the liquid is absorbed and the quinoa is tender, about 10-15 minutes.
5. Stir in the cranberries and almonds and serve warm, or chill before serving if desired.

Recipe Notes
• For a sweeter flavor, add 1-3 teaspoons of honey or maple syrup to taste.
• Consider using other dried fruit such as raisins or chopped apricots in place of the dried cranberries.
• Substitute your favorite unsweetened non-dairy milk if desired.

Nutrition Facts Per Serving: Calories: 260 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 35 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 5.5 g | Protein: 10.5 g

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