



# 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

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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