

Apple Pie Breakfast Bowl

Ingredients

YIELDS: 4 servings PREP TIME: 10 minutes

- ½ cup (125 ml) uncooked quinoa
- 1 cup (250 ml) milk or unsweetened fortified soy beverage
- ½ cup (125 ml) water
- ¼ tsp (1 ml) cinnamon
- 1/8 tsp (1/2 ml) nutmeg
- 1 ½ tbsp (20 ml) honey
- 1 apple
- 1 tsp (5 ml) vanilla extract
- ¼ cup (60 ml) raisins



EQUIPMENT: Cutting board / Knife / Strainer / Electric skillet / Wooden spoon / Measuring cups / Measuring spoons

Directions

- 1) Wash apple and finely dice.
- 2) Thoroughly rinse quinoa using a strainer. Put quinoa in the skillet.
- 3) Stir in milk, water, cinnamon, nutmeg, honey and apple.
- 4) Bring to a bowl and then reduce heat to low and allow to simmer. Cover and cook for 10 minutes or until all the liquid is absorbed.
- 5) Stir in vanilla extract and top with raisins.

Chef's Tip



You can add additional toppings such as pecans, walnuts, chia seeds or hemp hearts.

Let's Get Cookin'!



Recipe adapted from Canada's Food Guide