

Berry Breakfast Quinoa with Almonds

Ingredients:

- 1/4 cup soy milk
- 1 cup water
- 1 cup quinoa
- 1 cups berries
- 1/2 tsp ground cinnamon
- 4 tsp agave nectar
- 1/4 cup chopped or slivered almonds
- 1 chopped apple



Nutrition Facts

Serving Size 3/4 cup (209g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 46g **15%**

Dietary Fiber 6g **24%**

Sugars 16g

Protein 8g

Vitamin A 2% • Vitamin C 8%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Rinse quinoa and inspect.
2. Combine water and quinoa in a medium saucepan. Bring to a boil over high heat.
3. Reduce heat to medium-low and simmer until most of the liquid is absorbed.
4. Remove from heat.
5. Stir in soymilk, if desired. Allow soymilk to get absorbed. Add berries, chopped apple, and cinnamon.
6. Sprinkle 1 Tbsp slivered almonds (or nut of choice) over each serving.
7. If desired, sweeten each serving with 1 tsp of agave.



*VEGAN



*GLUTEN-FREE