



Simple | Healthy | Delicious

Breakfast Quinoa

INGREDIENTS

1/2 cup uncooked Nature's Earthly Choice quinoa
3/4 cup light coconut milk
2 tablespoons water
1 tablespoon light brown sugar
1/8 teaspoon salt
1/4 cup flaked unsweetened coconut
1 cup sliced strawberries
1 cup sliced banana



DIRECTIONS:

1. Preheat oven to 400°.
2. Place quinoa in a fine sieve, and place the sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain quinoa. Repeat the procedure twice. Drain well. Combine quinoa, coconut milk, 2 tablespoons water, brown sugar, and salt in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until liquid is absorbed, stirring occasionally. Stir mixture constantly during the last 2 minutes of cooking.
3. While quinoa cooks, spread flaked coconut in a single layer on a baking sheet. Bake at 400° for 5 minutes or until golden brown. Cool slightly.
4. Place about 1/2 cup quinoa mixture in each of 4 bowls. Top each serving with 1/4 cup strawberry slices, 1/4 cup banana slices, and 1 tablespoon toasted coconut. Serve warm.