



# Quinoa Delight

**Serves:** 2

A nutritious breakfast option rich in protein and essential nutrients to help keep your mind and body energized.

## Ingredients

- $\frac{2}{3}$  cup quinoa, uncooked
- 1 cup water
- $\frac{1}{4}$  tsp salt
- 1 cup vanilla non-dairy milk
- 1½ Tbsp maple syrup
- 1½ Tbsp dried apricots, chopped
- 2 Tbsp walnuts, chopped
- $\frac{1}{2}$  banana, sliced

## Instructions

1. Rinse quinoa thoroughly in cool water.
2. In a saucepan, bring water and salt to a boil.
3. Add quinoa, reduce heat, and simmer 15 minutes covered (do not stir).
4. Add milk, maple syrup, and apricots. Simmer 5 minutes until thickened.
5. Remove from heat and stir in walnuts and banana.
6. Serve warm.



### Nutrition Benefits:

Quinoa is rich in protein, iron, calcium, and essential amino acids, supporting brain function, energy, and tissue development.

### Nutrition per serving:

Calories: 395 | Total Fat: 10 g | Saturated Fat 1 g | Carbohydrates: 65 g | Fiber: 7 g | Protein: 13 g | Sodium: 353 mg | Sugar 19 g

### REFERENCE:

Adapted from *BRIGHTEN UP BREAKFAST* (Mouthwatering And Nutritious Recipes To Vitalize Your Day) by Erica Nedley

