



# Cinnamon Raisin Quinoa Breakfast Bowl

## Ingredients:

- 1 cup unsweetened almond, oat milk or cow's milk
- ½ cup quinoa, rinsed
- 1 tsp cinnamon
- ½ teaspoon vanilla extract
- 2 tablespoons raisins
- 1 tablespoon peanut butter or almond butter
- Toppings: chopped walnuts or pecans, 1 tablespoon syrup or honey, banana slices, fresh berries, chia seeds, flax seeds

## Method:

- Rinse the quinoa and drain. Cook the quinoa in the milk, bring to a boil and add the cinnamon and vanilla extract.
- Reduce to low heat to cook for 20 minutes.
- Place 1 cup cooked quinoa in a bowl and mix in the nut butter and raisins.
- Add in your toppings of choice.

*Note: The ratio for quinoa will always be 2:1 which is two parts liquid to 1 part quinoa. Using this ratio, you can easily double or triple the amount you cook at one time. Try cooking a larger amount of quinoa in advance to have throughout the week. Store the leftovers in the refrigerator. At breakfast time portion out 1 cup and microwave then add your nut butter and toppings.*