

Apple Cinnamon Breakfast Quinoa

Recipe makes: 5 servings ($\frac{3}{4}$ cup per serving)

Preparation time: 15 to 20 minutes

Cook time: 10 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one knife, one cutting board, one stove or hot plate, one non-stick frying pan, one rubber spatula, five serving bowls

What you need to make this recipe: How to make Apple Cinnamon Breakfast Quinoa:

- ✓ 4 teaspoons butter
 - ✓ 2 cups diced unpeeled apple
 - ✓ 1 $\frac{1}{2}$ cup skim milk
 - ✓ $\frac{1}{4}$ cup raisins
 - ✓ 4 teaspoons real maple syrup or honey
 - ✓ 1 teaspoon ground cinnamon
 - ✓ 1 teaspoon vanilla
 - ✓ 3 cups cooked quinoa
1. Turn the stove or hot plate on to medium heat. Put the non-stick frying pan on the stove or hotplate.
 2. Put the butter in the frying pan.
 3. When the butter is melted, put the apple into the frying pan.
 4. Cook the apple, stirring often with a rubber spatula, for about two minutes or until the apple starts to soften.
 5. Add the milk, raisins, maple syrup or honey, cinnamon, and vanilla to the frying pan. Stir, using the rubber spatula, to combine with the apple.
 6. Cook the apple mixture until bubbles appear around the edges of the frying pan.
 7. Add the cooked quinoa to the apple mixture. Cook, stirring often, until some of the milk has been absorbed and the mixture thickens (about 2 minutes).
 8. Take the frying pan off the stove or hotplate.
 9. Divide the quinoa evenly between five serving bowls. Top with more cinnamon if desired.

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Nutrition Facts		
Per 1 serving (¾ cup)		
Calories	230	% Daily Value*
Fat 4.5 g		6 %
Saturated 2 g		11 %
+ Trans 0.2 g		
Carbohydrate 41 g		
Fibre 5 g		18 %
Sugars 20 g		20 %
Protein 6 g		
Cholesterol 10 mg		
Sodium 35 mg		2 %
Calcium 125 mg		10 %
Iron 1.5 mg		8 %
Vitamin A 50 µg		6 %
Vitamin C 4 mg		4 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Moderate		

Allergy information:

Contains milk.

May contain wheat and gluten.

About this recipe:

Quinoa is a gluten-free whole grain and is a source of fibre. Getting enough fibre in your diet can help keep your gut healthy.

Substitutions:

To make this recipe milk-free, use a milk alternative like unsweetened soy beverage.

To make this recipe wheat and gluten-free, use certified gluten-free quinoa.

Storage information:

Store the Apple Cinnamon Breakfast Quinoa in an airtight container in the fridge for 3 to 4 days or in the freezer for 1 to 2 months.



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