



WARM BREAKFAST QUINOA

Ingredients

- 1 cup (180g) uncooked quinoa, rinsed
- 2 cups milk[†]
- 1 teaspoon ground cinnamon
- 2 tablespoons honey
- 2 tablespoons sultanas
- 1 cup Greek yoghurt[†] + extra for serving
- 1 red apple, cored and chopped (skin on)
- 1/2 cup roughly chopped hazelnuts
- 1 banana, sliced

Method

1. Bring milk to a boil in a small saucepan. Add quinoa, and return to a boil. Reduce heat to low, and simmer, covered, until three-quarters of the milk has been absorbed, about 15 minutes.
2. Stir in cinnamon, honey, sultanas, cook for another 5-8 minutes or until quinoa is tender and almost all the milk has been absorbed. Stir in yoghurt, apple and some of the hazelnuts and cook for 30 seconds.
3. Serve immediately topped with an extra dollop of Greek yoghurt, sliced banana and remaining chopped hazelnuts.

Serves 4

Tips: For added flavour add a dash of vanilla essence to the milk when cooking the quinoa.

Instead of banana, top with your favourite seasonal fruits. We love mixed berries or peaches in the summer or a chopped pear instead of the apple in winter.

[†] Choose mostly reduced fat

Your recommended daily serves*	QTY
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

Notes:

* Recommended by the Australian Dietary Guidelines
 ^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.