Apple Cinnamon Quinoa

Ingredients

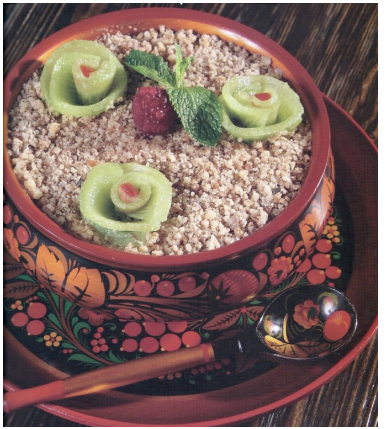
- 2 cups water
- 1/2 cup apple, peeled and chopped
- 1 tsp salt
- 2 tbsp agave nectar
- 3/4 cup quinoa flakes
- ground cinnamon to taste

Instructions

In a medium pot, bring water to a boil. Stir in apples, salt, and agave nectar. Reduce heat to medium and let simmer for 2 minutes.

Stir in quinoa flakes and cinnamon. Reduce heat to low and stir for 1 minute. Remove from heat and allow cereal to thicken.

Serve warm. If desired, top with raisins, sliced bananas, or pure maple syrup.



Summary

Yield: 2
Source: The Autism Cookbook
Prep Time: 5 minutes
Category: Breakfast