

Apple Nut Quinoa & Breakfast Quinoa Parfait

Hosted by: Student Health Registered Dietician

Apple Nut Quinoa

Ingredients

- 1 cup uncooked quinoa
- 1½ cups apple juice
- ¼ tsp salt
- ½ tsp cinnamon
- 1/16 tsp (pinch) ground cloves
- 1 medium apple
- ½ cup walnuts



Preparation

- Place the quinoa in a wire sieve and rinse thoroughly for 1-2 minutes with cool water. If you don't have a wire mesh sieve, place the quinoa in a bowl, fill it with cool water and swish the quinoa around. Allow it to settle and then carefully pour out the water. Repeat 4-5 times. Rinsing quinoa well is essential to remove its natural coating, which can cause the quinoa to taste bitter.
- Place the rinsed quinoa in a medium pot. Add the juice, salt, cinnamon, and cloves. Stir briefly. Place a lid on top and bring the pot up to a boil over high heat. As soon as it reaches a boil, turn the heat down to low and allow it to simmer for 15 minutes. After 15 minutes, turn the heat off and allow it to rest, without removing the lid, for ten minutes.
- Meanwhile, chop the apple into small bite-sized pieces. Also roughly chop the walnuts.
- After the quinoa has cooked and rested, remove the lid and fluff it with a fork.
- Add the apples and walnuts and stir them and then eat!

Breakfast Quinoa Parfait

You might not think of quinoa as a breakfast food, but I assure you it can be.

If you cook it in water only, it's easy to customize quinoa for any meal of the day.

If you're making it solely for breakfast, try using 1/2 milk + 1/2 water or 1/2 fruit juice + 1/2 water.

- 2% Greek yogurt
- nectarine
- cooked quinoa
- 2% Greek yogurt + sucanat + cinnamon + splash of vanilla
- quinoa



- banana
- nectarine
- Cinnamon