

Breakfast Quinoa with Apples and Cinnamon

Ingredients

- 1 cup quinoa
- 3 cups water (or sub coconut milk for part of the water)
- 3 large apples
- 3 tsp cinnamon
- Pinch of salt
- 2 tsp sugar
- Optional stir-in: 3 tbsp almond butter
- Optional toppings: raisins, sliced almonds



Directions

1. Peel, core, and chop the apples.
2. Add all the ingredients to a saucepan and bring to a boil.
3. Cover the pan, reduce the heat, and simmer for 20-25 minutes, or until all the liquid is absorbed.

It's that easy. I'm planning to get more creative and use bananas, blueberries, and peaches in future versions to mix things up. Dear daughter enjoyed the cold leftovers mixed with some plain Greek yogurt, in case that sounds nice to you, too.

(adapted from [Simply Quinoa](#))