



## Hot Quinoa Breakfast Cereal

...a tasty alternative to oatmeal! Quinoa (keen'wah) is an ancient grain of the Andes. It is an alkaline food (whereas oatmeal is acidic) that is packed with protein & rich in amino acids. It is gluten-free and extremely heart healthy. You can't go wrong with quinoa!

*- from Denise's Kitchen*

### ***Ingredients:***

1 1/2 cups water  
3/4 cup organic quinoa  
1 1/2 cups unsweetened Silk vanilla almond milk  
2 very ripe organic bananas  
2 tbsp organic sugar (more if desired)  
1/2 tsp organic vanilla extract  
3/4 cup organic raisins  
Organic cinnamon, if desired

### ***Directions:***

Before you begin, rinse & drain your quinoa with water in a mesh strainer. Then, bring the water & quinoa to a boil in a large (3 qt) saucepan, stirring occasionally. Reduce heat & simmer for 15 minutes. Stir again & remove from heat. Then, blend together the almond milk, chunked banana & sugar in a high-speed blender until smooth. Combine this mixture with the quinoa & cook on medium to medium-high heat for 5-10 minutes until it becomes thick & creamy (watch closely & stir often). Remove from heat, add the vanilla extract & organic raisins. Blend well & let sit for a few minutes to thicken further. If desired, add a sprinkle of organic cinnamon to each serving. Enjoy this sweet way to start your day!