

## **HOT PAN QUINOA BREAKFAST CEREAL (20 MIN.)**

**Quinoa ("keen-wa") is an ancient food, revered by the Incas as the "mother grain".**

**This nutritional powerhouse is actually a seed, related to beets, chard & spinach and contains all nine amino acids, making it a complete protein source. Beans, in comparison, while a very good source of protein, have to be combined with a grain (rice or corn) to provide the complete protein humans need for tissue development.**

**Gluten-free & easy to digest, quinoa is a good source of dietary fiber & is high in magnesium & iron.**

**Quinoa's light, nutty flavor can substitute deliciously for any grain, including morning oatmeal!**

### **Ingredients:**

- 1 1/4 cups water**
- 1 cup quinoa**
- 1/4 tsp. ground cinnamon**
- handful of raisins**
- 1/4 cup sliced almonds**

### **Directions:**

- 1. Rinse quinoa in a strainer or cheese cloth.**
- 2. Bring water to a boil in your Hot Pan and add the quinoa.**
- 3. Reduce heat and simmer for 5 minutes.**
- 4. Add the cinnamon and raisins, put the lid on, and place your Hot Pan in its Serving Bowl.**
- 5. Let quinoa stand for 10 minutes (a little more or less won't hurt). Add almonds.**
- 6. Serve with milk, cream or soy milk, and sweeten to taste with honey or sugar.**

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