

## **Breakfast Quinoa**

- 1 cup quinoa
- 2 cups water
- Various toppings
  - Slivered almonds
  - Fresh fruit
  - Almond milk
  - Applesauce
  - Dried fruits
  - Toasted coconut



Combine the quinoa and water in a medium saucepan. Bring the liquid to a boil, then lower the heat to a simmer, cover the pot, and cook for 15 minutes.

Meanwhile, get all your toppings together in small bowls to have a little assembly line.

When the quinoa is finished cooking, put 2 tablespoons of applesauce in the bottom of a bowl, top with the quinoa, and then put any other toppings on that you desire.