

Quinoa & Amaranth Hot Breakfast Cereal



Picture & Recipe by Yummy

Minutes to Prepare: 5

Minutes to Cook: 25

Number of Servings: 3

Ingredients

Whole Grain Quinoa, 1 serving = 1/4 cup dry, 3/4 cup for 3 servings

Amaranth Grain, 1 serving = 1/4 cup, 3/4 cup for 3 servings

Almond Milk (Original), 2 cup

Salt, 1 dash

Cranberries, dried, sweetened (craisins), or raisins 0.33 cup

Directions

Combine all ingredients in pot and bring to a boil, cover and let all liquid evaporate. Top with Agave and cinnamon

Serving Size: 3 servings

Number of Servings: 3

The Balanced Body Center

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