



Cinnamon Apple Quinoa Breakfast

By SimplyQuinoa.com

Prep time: 5 min

Cook time: 25 min

Serves: 2

Ingredients

- 1/2 cup quinoa
- 1 1/2 cups water
- 2 large apples
- 2 teaspoons cinnamon
- Honey or maple syrup to drizzle (optional)

Instructions

1. Peel and core both apples. Chop them into bite-sized pieces.
2. Add quinoa, water and apples to a sauce pan. Bring to a boil, cover and reduce to simmer for 20 – 25 minutes. The apples will be soft and the quinoa will have absorbed the water.
3. Stir in cinnamon and transfer mixture to two bowls.
4. Drizzle with honey and sprinkle with additional cinnamon (if desired).
And enjoy!