

Microwave Cinnamon Maple Breakfast Quinoa

Code
\$, Q, V, RH, GF



Ingredients Needed:

- ½ cup quinoa
- 1 cup cold water
- ½ tsp. cinnamon + more for garnish
- 1 tsp. butter
- 1 Tbsp. skim milk
- 1 tsp. honey
- 1 small banana, sliced

Nutrition Facts:	
Yield	1 serving
Calories	461
Total Fat	9 g
Sat Fat	3 g
Sodium	26 mg
Added Sugar	5 g
Fiber	10 g
Vitamin C	12% DV
Vitamin E	13% DV
Potassium	18% DV
Calcium	
Iron	22% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Place quinoa in water and rinse well.
- Drain quinoa, stir in 1 cup cold water and ½ tsp. cinnamon.
- Microwave on high for 4 minutes. Stir and microwave 3 more minutes. Remove from microwave, cover with foil and sit for 2 minutes.
- Fluff quinoa and stir in butter.
- Top with skim milk, honey, banana slices, and cinnamon to taste.