

## Quinoa Cereal

Serves 4

### Ingredients

- 2 cups (500ml) low fat or unsweetened/reduced sugar soy milk
- 1 cup (180g) quinoa, rinsed
- 2 dessertspoons sugar or honey – omit if using fruit cup with no sugar added juice
- 1 tsp ground cinnamon
- 1 cup (250g) low fat yoghurt
- 1 cup fresh fruit or fruit cup in no added sugar juice
- 1/3 cup (50g) thin sliced almonds



### Method

1. Bring milk to a boil in a small saucepan.
2. Add quinoa, and return to a boil. Reduce heat to low, and simmer, covered, until three-quarters of the milk has been absorbed, about 15 minutes.
3. Stir in sugar or honey and cinnamon. Cook, covered, until almost all the milk has been absorbed, about 8 minutes.
4. Stir in yoghurt, blueberries and some of the almonds and cook for 30 seconds.

**Optional:** Serve with additional cinnamon, yoghurt, blueberries and nuts.

**Tip:** Substitute or add other fresh or frozen fruit, such as berries, peaches, mandarin oranges or 1 tablespoon of dried fruit.

*If using fruit cup with the no sugar added juice, omit sugar/honey in recipe.*

### Nutritional Value per serving (273g):

|                |           |
|----------------|-----------|
| Energy:        | 353 kcals |
| Carbohydrate:  | 48.5 g    |
| Protein:       | 16 g      |
| Fat:           | 11 g      |
| Saturated Fat: | 2 g       |
| Cholesterol:   | 7 mg      |
| Dietary fibre: | 5 g       |
| Sodium:        | 105 mg    |
| Calcium:       | 424 mg    |



**Quinoa** is actually a type of seed with similar nutrients to grains. It is packed with protein, beneficial unsaturated fats and carbohydrates.

*Recipe adapted from Jalna*



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