

Cold Quinoa Breakfast Cereal with Peaches & Pecans

Over the years, supermarket shelves have been filled with boxes of processed grains and refined sugars claiming to provide much needed morning nutrition. This easy recipe uses the naturally gluten-free ancient grain quinoa and pairs it with simple pantry ingredients for a tasty breakfast. You can make it in advance and freeze portions without the fresh peaches to thaw and eat later. And if you're looking for a warm option, this recipe is just as good served hot!

Ingredients

Serves 10-12

- 1 cup dry quinoa
- 1 ½ cups water
- ½ cup apple or orange juice
- 1 cinnamon stick (or ¼ teaspoon ground cinnamon)
- 1 tbsp coconut oil
- ¼ teaspoon pure almond extract
- ¼ cup maple syrup
- ½ cup chopped pecans
- ½ cup dried cranberries, raisins or cherries
- 2-3 fresh peaches
- milk or milk substitute

To cook the quinoa, place quinoa, water and juice in a medium saucepan. Peel and pit one of the peaches and dice into small pieces and add to saucepan with cinnamon, almond extract and coconut oil. Cover and place on the stovetop over medium-high heat and bring to a boil. Reduce heat to simmer and cook for 15 minutes. Remove from heat, add maple syrup and fluff the cooked quinoa with a fork. Refrigerate until chilled. Before serving, fold in pecans, cranberries and remaining fresh peaches, pitted and cut into pieces. Place in a bowl and top with a splash of chilled milk or milk substitute.

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