

SUNRISE BREAKFAST GRAIN

INGREDIENTS

2 CUPS WHOLE OATS
1/2 CUP RED QUINOA
1/2 TSP SALT
1 TSP CINNAMON, GROUND
1/4 TSP CARDAMOM, GROUND
1/8 TSP NUTMEG, GROUND
1/4 CUP BROWN SUGAR
5 CUPS WATER

PREPARATION

1. ADD SPICES AND SUGAR TO THE WATER AND HEAT IN A SAUCE POT UNTIL A LOW BOIL.
2. ADD THE QUINOA AND REDUCE TO A SIMMER FOR ABOUT 10 MINUTES
3. ADD THE OATS AND CONTINUE TO SIMMER FOR ANOTHER 4-6 MIN.

SERVE WITH FRESH OR DRIED FRUIT, NUTS, AND CREAM TO ADD DIFFERENT FLAVORS AND TEXTURES.



TRUE FOOD
TASTE TEST!

Enjoy!

