

Quinoa & Blueberry Cereal



Sirve:

4 servings

Pieza:

1 Qt./9 L Sauce Pan with Cover

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

Quinoa is a gluten-free, grain-like seed that is a rich source of protein. Quinoa cooks quickly in 16 minutes and mixes well with fruits, berries and vegetables for a tasty breakfast cereal, side dish or entr e for your baby and the rest of the family.

$\frac{3}{4}$ cup
quinoa, rinsed well
(128
g)
 $1\frac{1}{2}$ cups
water
(350
ml)
1 pinch
natural salt, Himalayan or sea salt
 $\frac{1}{2}$ teaspoon
ground cinnamon
(1
g)
1 ripe banana, cut into pieces
 $\frac{1}{2}$ teaspoon
natural vanilla extract, alcohol free
 $\frac{1}{2}$ cup
blueberries, fresh or frozen

Preparaci n :

1. Add rinsed quinoa, water, salt and cinnamon to sauce pan. Place cover on pan and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 14 - 16 minutes. Turn heat off and let quinoa rest with cover on for 10 minutes.
2. Add bananas and vanilla. Mash mixture together with a potato masher or the back of a fork.
3. Serve quinoa cereal warm or at room temperature. Garnish with fresh blueberries or add blueberries to cereal and mash

into smaller pieces with potato masher to combine.

Consejos:

- Substitute banana for ½ cup unsweetened applesauce or pear sauce.
- Use a little bit of breast milk or water to cereal for a thinner consistency.
- Puree quinoa, banana and blueberries in food processor for smooth cereal.
- Top cereal with a little coconut oil or grass fed butter for added nutrition.

Información nutricional por ración

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Calorías:	156
Grasa Total:	2g
Grasa	0g
Saturada:	
Colesterol:	0mg
Sodio:	75mg
Carbohidratos:	30g
Fibra	4g
Dietética:	
Azúcar:	6g
Proteína:	5g