

Apple Cinnamon Quinoa Cereal



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Ingredients:

- 1 cup uncooked quinoa
- 1 tablespoon butter, divided
- 2 medium apples, chopped
- 1 1/2 cups cold water
- 1 1/2 teaspoons cinnamon
- 1 teaspoon apple pie spice
- 3 tablespoons packed brown sugar
- 1/4 cup fat-free skim milk

Directions:

1. Soak uncooked quinoa in a bowl of water for five minutes.
2. Meanwhile, coat a large skillet with cooking spray and set over medium heat. When skillet is hot, melt 1/2 the tablespoon of butter and add the chopped apples. Cook about five to 10 minutes, until apples are soft and begin to caramelize, turning occasionally.
3. Meanwhile, drain the quinoa. Add to a medium saucepan with the cold water and bring to a boil over medium high heat. Boil for one minute. Reduce heat to low and cover pan tightly, allowing quinoa to simmer for 10 minutes.
4. When quinoa is cooked, remove from heat and fluff with a fork. Add remaining 1/2 tablespoon of butter, cinnamon, apple pie spice, brown sugar and milk, stirring to combine. Fold in the apples.