



## December 12- Berry Warm Quinoa

*Not Smart Snack*

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=300491>

### Recipe

*Ingredients:*

- 1/4 cup quinoa
- 1 1/2 cup water
- 1/2 cup frozen, thawed berries
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ginger
- 1 teaspoon honey

*Directions:*

1. Combine water and quinoa in a medium saucepan.
2. Bring to a boil over high heat. Reduced heat to medium-low and cover and simmer for 15 minutes.
3. Let quinoa stand, covered for 5 minutes. Stir in berries, cinnamon and ginger.
4. Drizzle with honey and serve.

Yield 1 serving

### Nutrition Facts

Serving Size 1 serving (485.6g)  
Servings Per Container 1

Amount Per Serving

Calories 230      Calories from Fat 30

% Daily Value\*

Total Fat 3g      5%

Saturated Fat 0g      2%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 20mg      1%

Total Carbohydrate 45g      15%

Dietary Fiber 6g      24%

Sugars 12g

Protein 7g      13%

Vitamin A 0%      •      Vitamin C 4%

Calcium 6%      •      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.