December 12- Berry Warm Quinoa

Not Smart Snack


Recipe

Ingredients:
¼ cup quinoa
1 ½ cup water
½ cup frozen, thawed berries
½ 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