



December 12- Berry Warm Quinoa

Not Smart Snack

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

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

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.