

## Fruity Breakfast Quinoa

3-4 Servings

- 1 cup quinoa
- 2 cups non fat milk
- 1 pinch salt
- 3 Tbsp Maple Syrup
- 1/2 lemon, zested
- 1 cup blueberries
- 2 tsp ground flaxseed

Rinse quinoa in strainer until water runs clear and does not create any foam. Heat milk in a saucepan over medium heat until warm for about 2-3 minutes. Stir quinoa and salt into the milk and simmer covered at medium-low heat until the liquid has been absorbed (about 20 minutes). Remove the saucepan from the heat. Stir in maple syrup and lemon zest into the quinoa mixture. Add in blueberries or other fruits you have on hand.

- *Use what you have on hand! Other ideas include apples (softened in the microwave or skillet) with cinnamon and chia seeds, mixed berries with honey, or orange zest with mango, almond slivers and shaved coconut.*

Nutrition Information Per approx. 1/2 cup serving: 270 calories, 11g protein, 3.5 gm fat, 50 gm carbohydrates, 210 mg sodium.

*The dish is gluten-free. You can substitute soy or almond milk to make lactose-free and vegan.*



<https://www.uhs.uga.edu/nutrition/kitchen>