



Simple | Healthy | Delicious

Hot Oat & Quinoa Cereal

INGREDIENTS

Nature's Earthly Choice Quinoa



DIRECTIONS:

1. Bring 1/2 cup dried fruit (such as goji berries, cranberries, or barberries), 1/2 cup steel-cut oats, 1/2 cup well rinsed quinoa, 1/4 cup raisins, 1 teaspoon kosher salt, 1/2 teaspoons ground cinnamon, 1/4 teaspoons ground cardamom, and 4 cups water to a boil in a medium saucepan. Cover and let sit off heat overnight. (Alternatively, bring mixture to a boil; reduce heat and simmer, stirring occasionally, until grains are tender, 20-25 minutes.)
2. Before serving, reheat cereal in saucepan, covered, over medium-low heat, stirring occasionally and adding water if needed, until warmed through, 5-8 minutes. Serve with milk, maple syrup, toasted shell pumpkin seeds (pepitas), and toasted walnuts.