

Hot Oat & Quinoa Cereal

simple
healthy
delicious



Directions

1. Bring $\frac{1}{2}$ cup dried fruit (such as goji berries, cranberries, or barberries), $\frac{1}{2}$ cup steel-cut oats, $\frac{1}{2}$ cup well rinsed Quinoa, $\frac{1}{4}$ cup raisins, 1 teaspoon kosher salt, $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon 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.