

Quinoa Breakfasts or Anytime meals

Almost all commercially sold quinoa is processed to remove the saponin covering of the grain. Saponins make the grain bitter and not good to eat, (mildly toxic) and that is why they remove it.

It is recommended that you rinse the quinoa again just before use to rinse away any remaining saponins.

Sweet fruity quinoa breakfast:

To serve 3-4 people:

1 ½ cups quinoa

3 cups water

Pinch of salt

2 cups coconut milk (one 15 oz can) or can use nut milk or soymilk if preferred

1 ½ Tbsp cornstarch

1 Tbsp sweetener (honey, date sugar, etc)

1 ½ tsp vanilla (optional)

4 cups fresh or frozen fruit. (nice to use different kinds for color, like berries, chopped apples, grapes and pears)



Directions: Rinse the quinoa with hot water in a fine strainer. Put the water into a saucepan and begin heating, bringing to a boil. Put the quinoa into the hot boiling water and cover, turning down the heat to let the quinoa gently simmer for approximately 20 minutes. After 20 minutes, without removing the cover, turn off the heat and let it stand for 10 minutes. The quinoa should turn out light and fluffy, similar to rice. Basically you cook it until all the water is absorbed, much like rice but much quicker cooking time.

In a separate saucepan place the “milk”, cornstarch, sweetener and vanilla into it and stir well before turning on the heat. While stirring consistently, bring to a boil. As soon as you see the first bubbles appear it will thicken. Turn off heat immediately and set aside to cool.

Mix the quinoa, the fresh chopped fruit and the “dressing” together and serve either chilled or as is. I often use frozen berries which chills the hot quinoa and dressing and thaws out the berries. It’s a very nice and healthy breakfast.

Alternative “Savory fruit” quinoa breakfast:

Cook the quinoa the same as above. Simply chop up tomatoes and avocado and mix together with the quinoa and sprinkle herbed salt such as Herbamare on top. This is a very simple yet delicious meal any time. We love to eat this for breakfast. Also you can put olives or scrambled tofu in it for a delicious alternative.

Quinoa is a very healthy grain and can be used anywhere you would normally use rice. It is gluten free so for those who have wheat or gluten intolerance, this is a great option.

Think healthy! ☺