Quinoa Breakfast

**Ingredients:**

1 tsp of oil

½ cup of uncooked quinoa (1 ¾ cup cooked)

1 cup of water

**Flavours/spices:**

2 tbsp of chopped raw cashews

2 tbsp of chopped raw walnuts

2 tbsp of raw melon seeds (or pumpkin seeds, optional)

2 tbsp of raisins

¼ tsp of cardamom (or cinnamon)

1 tbsp of brown sugar (optional)

1 handful of grapes, sliced

½ of a pear, chopped

½ of an orange, chopped

½ cup of chopped carrots

**Directions:**

1. Bring water to a boil
2. Rinse the quinoa quickly twice
3. Add quinoa to boiling water, cook for roughly 8-9 mins or until water is fully evaporated, then set aside in a bowl once done to cool down.
4. In a hot pan with 1 tsp of oil, add cashews, melon seeds, walnuts, and until browned/roasted (approx. 5 mins). Take the nuts out and cook carrots for about 5 minutes on low heat until soft.
5. Once roasted, transfer the nuts and carrots into a bowl to cool and add the cooked quinoa.
6. Add the grapes, pear, orange, optional brown sugar, raisins, and cardamom. Mix well and serve.

Recipe yields 4 ½ servings

1 serving= 1-1 ½ cup

Yields ½ cup of nuts = 2 servings

1 1/3 cup of fruit and vegetables = 1.33 servings of fruit/veg

1 1/3 cup of quinoa = 3 servings of grain

Could be paired with yogurt to include as meal or snack