

Herbal Legacy Recipes

Whole Grain Breakfast



INGREDIENTS:

- 1 cup Quinoa
- 2 cups boiling distilled water

DIRECTIONS:

1. Put both ingredients in Thermos with lid on and shake a couple of times, let sit overnight.
2. In the morning place 1 cup of the grain in a bowl with ½ TBSL of Chia seed add agave to taste with Almond milk, let sit for a few minutes and enjoy!

I put the rest of the grain in the fridge and use it in the next few days.

If I want hot cereal I place the grain, chia seed, agave, and milk in a cup or bowl, place the cup/bowl with lid on top, in a pan of water and heat on the stove so it is just heated not cooked.

Variations:

1. Try oat groats or millet with or instead of the quinoa.
2. You can also add fruit to this if you would like, I usually eat my fruit while the grains are heating.

Enjoy Eating Healthy!!!

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy