

Oatmeal & Quinoa Breakfast Bowl

Ingredients:

Half gallon (64 oz.) unsweetened vanilla almond milk

2 cups old fashioned oats

2/3 cup quinoa

2-3 tablespoons chia seeds

2/3 cup raisins

2/3 cup dried cranberries

PREP 2 min

COOK 45 min

1) Add all ingredients to a medium saucepan. Cook over medium-low heat, stirring occasionally, until all the milk has been absorbed (about 45 minutes).

Tips:

- Cooking slowly for 45 minutes keeps the milk sweet-tasting. If you cook with too much heat, it may taste charred. In this case, add honey or syrup to sweeten.
- Another option is removing the pot from the burner around 30 minutes to prevent charring. Cover and let sit for an additional 15 minutes to allow the liquid to absorb.
- Other grains can be substituted for quinoa. Use the same quantity of millet or bulgur, or try another grain you enjoy.