



CINNAMON MAPLE QUINOA CEREAL



Tags: [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 5 Min

Cook Time: 20 Min

Serves: 4

Directions:

1. In a small saucepan bring the water to a boil.
2. Rinse quinoa and strain.
3. Add quinoa to boiling water and reduce heat to simmer.
4. Cook for about 10 minutes, uncovered.
5. Remove from heat, cover, and let sit for 5 minutes.



6. In a separate pot, add ghee, sweet potato puree, maple syrup, milk, spices, and salt.
7. Cook on low heat just long enough to warm and mix ingredients then add quinoa.

Serve in a bowl with your favorite toppings and enjoy a nice, warm, nourishing breakfast!

Sweet potato puree:

1. dice a small sweet potato
2. melt 2tsp of ghee in a medium size saute pan, on low heat.
3. Add a dash of your favorite spices: cardamom, cinnamon, nutmeg, and ginger, and saute until combined.
4. Once the aroma fills the kitchen, add your cubed sweet potato and saute for 5-8 minutes.
5. Add 1-2 inches of water to your pan and cover for 8-10 minutes, stirring occasionally until the sweet potatoes are soft.
6. Once soft, mash with a potato masher.

Alternatively, if you have a Vitamix, or high-powered blender, once the sweet potatoes have sauteed for 8-10 min in the spiced ghee, place water, and spiced sweet potatoes in your blender and blend until well pureed. Adding more water as needed.

Ingredients:

1 1/4 cups water
1 cup quinoa
1 Tbsp. ghee
1/2 cup sweet potato puree
1 Tbsp. pure maple syrup
1/3 cup almond or rice milk
1/4 tsp. cinnamon
1/4 tsp. cardamom
Pinch of sea salt
Slivered almonds
Roasted fennel seeds
Shredded coconut
More maple!



Quinoa is a superfood. Easy to prepare and packed with protein! Great for breakfast, lunch, and dinner. I love this version with sweet potato puree and can be made in advance and reheated the following morning.