



## COOLING CRANBERRY QUINOA



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

**Prep Time:** 10 Min

**Cook Time:** 20 Min

**Serves:** 2

**Directions:**

1. Rinse quinoa.
2. Heat ghee in a small saucepan until melted.
3. Add quinoa and mix well until the ghee has been absorbed.
4. Add two cups of water and boil covered until the quinoa is cooked well and the water is gone. Similar to cooking rice. About 8-10 minutes.



5. While cooking, chop mint.

6. Put your cooked quinoa into a bowl and add the juice of your lemon, pinch of salt, oil, mint, cranberries, and cashews.

Serve warm. You can also keep it in the refrigerator and enjoy it as a cool leftover.

**Ingredients:**

1 cup quinoa

2 cup water

1 lemon juiced

1/2 bunch of mint, rinsed and chopped

pinch of salt

1 Tbls. ghee

2 Tbls. olive oil or sunflower oil handful of:

dried cranberries

cashew halves

Quinoa should be a staple in kitchens today, with its amino acid-rich (protein) seed that makes for a complete protein as it includes all nine essential amino acids.

It exudes a yummy nutty flavor when cooked and has a fluffy, creamy, slightly crunchy texture.

Quinoa was once called “the gold of the Incas,” who saw its value in increasing the stamina of their warriors.

This is a good choice for vegans concerned about adequate protein intake. It is especially well-endowed with the amino acid lysine, which is essential for tissue growth and repair.

In addition to protein, quinoa has a number of other health-building nutrients. It is a very good source of magnesium, iron, copper, and phosphorus. This “grain” may be especially valuable for persons with migraine headaches, diabetes, and atherosclerosis.