



Apple-Cinnamon Quinoa Bowl



Marshfield Clinic
Health System

PREP TIME: 20 minutes • **COOK TIME:** 12 minutes • **SERVINGS:** 1

INGREDIENTS

- 1 cup skim milk
- $\frac{2}{3}$ cup diced apple, divided
- $\frac{1}{2}$ cup quinoa
- $\frac{1}{4}$ teaspoon ground cinnamon
- 4 teaspoons sliced almonds
- $\frac{1}{2}$ teaspoon honey

INSTRUCTIONS

Combine milk, $\frac{1}{2}$ cup apple, quinoa and cinnamon in a small saucepan. Bring to a boil. Cover and simmer on very low heat until the liquid is absorbed, about 12 minutes.

Let stand 5 minutes.

Top with the remaining $\frac{1}{3}$ cup apple, almonds and honey.

NUTRITION INFORMATION

Each serving contains 307 calories; 48 g carbohydrates; 7 g fat; 18 g protein; 1 mg sodium.

Source: Recipe modified from EatingWell.com
Find more recipes at shine365.marshfieldclinic.org