

Apple pie breakfast bowl

This delicious breakfast is a fun and tasty twist on your morning oatmeal. For a grab and go option, prepare the night before and refrigerate in an airtight container overnight.



Kid-friendly



Vegetarian



30 minutes or less



PREP TIME
10 min



COOK TIME
15 min



SERVINGS
4

Ingredients

- 125 mL (½ cup) uncooked quinoa
- 250 mL (1 cup) unsweetened fortified plant-based beverage or lower fat milk
- 125 mL (½ cup) water
- 1 mL (¼ tsp) ground cinnamon
- ½ mL (⅛ tsp) ground nutmeg
- 20 mL (1½ tbsp) honey
- 1 apple, finely diced
- 5 mL (1 tsp) vanilla extract
- 60 mL (¼ cup) raisins

Directions

1. Thoroughly rinse quinoa using a strainer and place in small pot with a tight-fitting lid.
2. Stir in milk, water, cinnamon, nutmeg, honey, and apple.
3. Bring to a boil and reduce to a simmer. Cover and cook for 10 minutes or until all the liquid is absorbed.
4. Stir in vanilla extract and top with raisins.

Tips

- ✓ Have your kids add their own toppings such as pecans or walnuts.
- ✓ Support small farmers by purchasing apples and honey from local producers.
- ✓ For added fiber, stir in some chia seeds!

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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