

## **Apple Cinnamon Quinoa** (Kathleen Guillory)

1 cup dry quinoa, rinsed well

$\frac{3}{4}$  cup Almond Milk (I used Vanilla) and  $\frac{1}{4}$  cup of water for cooking quinoa

1 tsp cinnamon + more for sprinkling

2 tsp vanilla extract

$\frac{1}{2}$  cup unsweetened applesauce

$\frac{1}{4}$  cup golden raisins

1 cup warmed fat-free milk for drizzling (non-dairy milk is fine)

1 gala apple, peeled and diced

$\frac{1}{4}$  cup pecans, chopped

Combine quinoa, almond milk, water, cinnamon, vanilla and apple in a small saucepan and bring to a boil. Reduce to a simmer, cover, and let cook for 15 minutes until quinoa can be fluffed with a fork. Sweeten with Apple sauce (all natural is what I used) mix in raisins and nuts sprinkle with cinnamon (and more almond milk if you like it more creamy). I did not peel my apple and cooked the quinoa with the apples but you can also just chop the apples and use them as a topping.