BREAKFAST

Mediterranean Breakfast Quinoa

Warm cinnamon quinoa with toasted almonds, dates, and apricots.

Serves 4 · 25 minutes

Ingredients

¼ cup chopped raw almonds

1 tsp ground cinnamon

1 cup quinoa

2 cups milk

1 tsp sea salt

1 tsp vanilla extract

2 tbsp honey

2 dried pitted dates, finely chopped

5 dried apricots, finely chopped

Directions

1. Toast the almonds in a skillet over medium heat for 3–5 minutes, until just golden. Set aside.
2. Warm the cinnamon and quinoa together in a saucepan over medium heat. Add milk and salt, bring to a boil, then cover and simmer on low for 15 minutes.
3. Stir in the vanilla, honey, dates, apricots, and half the almonds. Scatter the rest of the almonds over each serving.