

## Breakfast Quinoa

With what I do for a living, I'm at the grocery store a lot. Depending on what I'm working on, it could be every day for a week or more. During the holidays (also one of the busiest times of year for me) that goes up a lot with all the cookie and pie making going on.

This year, I had cookies and pies, plus a big project that meant I was at the store way too much. Now that things have died down, I don't want to set foot in a grocery store until absolutely necessary. It's also currently -5 degrees F as I write this, so, yeah, I'm staying home if I can.

Being as cold as it's been, I wanted to skip my usual breakfast of a cold smoothie or yogurt for some hot oatmeal, but as you might be able to guess, I was out. I could go to the store (Um. No.) or make do with what I have. Deep breath. *What else can I turn into a hot, comforting breakfast? Quinoa? Why, yes.*

Quinoa is a bit different from oatmeal, in that it doesn't turn quite as creamy, and doesn't cook quite as fast, but it's similar in that you can add whatever you have on hand. It's pretty versatile. I toasted my dry quinoa in Ava Jane's Kitchen Avocado Oil before simmering it to give it an extra warm and toasty flavor.

Once toasted, you just simmer in milk of your choice and add whatever toppings you like. I added chopped apples and walnuts, but really anything will do. A pinch of Colima Sea Salt rounded it out beautifully.

## Breakfast Quinoa

Serves 2-4

Prep time: 20 minutes

### Ingredients:

1 tablespoon Ava Jane's Kitchen Avocado Oil

1/2 cup dry quinoa, any color

1 cup milk of your choice (I used almond milk)

1/4 teaspoon cinnamon

1 teaspoon honey

Toppings of your choice: fruit, nuts, chocolate chips, etc

Colima Sea Salt

### Directions:

Heat the oil in a medium saucepan over medium heat. Add the quinoa and toast, stirring to make sure the grains are coated with the oil. Toast for about 2 minutes.

Add the milk, and bring to a boil. Quickly turn the heat to a low simmer and cover.

Simmer for 15 minutes, until most of the liquid has been absorbed.

Top quinoa with whatever you like, and add a pinch of Colima Sea Salt at the end. Serve hot.