

Breakfast Quinoa

This recipe makes 6 cups of quinoa



Ingredients

4 cups coconut or oat milk

2 cups rinsed quinoa

Mix In Ideas:

2 tsp ground cinnamon

2 cups of peaches, blueberries, strawberries etc

Directions:

1. In a large saucepan, bring milk to a boil over medium heat, stirring occasionally and reducing heat when it starts to boil.
2. Add the quinoa and cover. Simmer for 15-20 minutes until the quinoa absorbs all the liquid.
3. Remove from heat, and add any mix-in ingredients. (fruits, spices etc)
4. Spread the quinoa evenly on your trays
5. Place dividers (if you choose). We like to use 10 portions per tray
6. Freeze Dry (my cycle time was 24 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½ cup of boiling water to 2 divider portions or about 1 ¼ cups of quinoa. Cover and let sit for 5 minutes, stir. Add additional liquid if needed. Enjoy

Notes: If you add blueberries, you will want to poke or cut them in half to ensure they dry. If adding strawberries, allow extra dry time to compensate for the seeds in the strawberries. If you are using fruit, you may need to allow extra rehydration time for the fruit to rehydrate.

Nutritional Information for 2 divider portions or about 1 ¼ cups with no mix-ins

Calories: 265 Protein: 7 g Carbohydrates: 43 g Fiber: 4 g Sugar: 3 g Fat: 6 g