

Breakfast - GF, SF, CF, VEG

Comments: Very fast, easy, good, very nutritious, and if on scripts it protects against Candida due to sugar-free.

Ingredients:

1 c. boiling water

1/3 c. Quinoa Flakes (Whole Foods)

organic fruit - fresh or unsugared frozen or unsugared canned - T.J.'s Frozen organic blueberries are great for antioxidants; defrost in MW for 2-3 min.

Almond Milk - T.J.: Blue Diamond Almond Breeze Unsweetened, with Vanilla. (Unfortunately this is not organic, but it is the only sugar-free milk substitute I've found.)

Directions:

Add quinoa to boiling water, stir, turn off fire, let sit 90 sec. or so.

Add fruit and milk.

Submitted by: Judy 07/09