

# Quinoa Breakfast Muesli



This recipe promises to kick start your mornings the right way. Filled with essential vitamins, minerals and protein, this breakfast quinoa is a healthier alternative to commercial breakfast cereals that are full of added sugars.

## **Ingredients**

- 1 cup quinoa, rinsed well
- 1 1/2 cup almond milk or any milk of choice
- 1 cup water
- 2 tbsp dried mango or dried paw paw, diced
- Topping
  - shredded coconut, toasted
  - mango or banana sliced
  - greek yoghurt

## **Method:**

1. In a saucepan, combine the water, almond milk, quinoa and a pinch of salt. Bring to a boil,

reduce heat to low, and simmer for 10-15 minutes, covered, stirring occasionally. Stir in the dried mango, cover again and cook for a further 5 minutes or until all the liquid has absorbed.

2. Spoon quinoa into bowls and top with greek yoghurt (and more almond milk if desired), sliced mango and a sprinkling of toasted coconut.