



## Brain Power Hot Cereal

### Ingredients

### Amount

Rainbow Quinoa	1/2 C
Red Beets	1 medium
Dark Cherries (Welsley Farm Organic Frozen)	1 C (~10)
Cinnamon	1.5 TBS
Cardamom	1 tsp
Allspice	1 tsp
Vanilla Powder	1 tsp
Stevia	½ tsp
Unsweetened almond milk	1 C
Olive oil (pump)	Light spray

### Preparation:

- Rinse Quinoa and soak in cold water for 15 minutes. Rinse after soaking.
- In a large pot, add 2 C water and cook quinoa on medium until all water is evaporated and quinoa is cooked.
- Wash and peel beets, slice in small bite size chunks.
- In a Pyrex oven safe dish, lightly coat beets with olive oil, using an oil spray or pump.
- Add ½ TBS cinnamon and dash of stevia to the beets, mix well to coat evenly with light oil and cinnamon/stevia
- Bake beets covered in the oven at 400F for 20 minutes. Add small amount of water if needed.
- Add almond milk, spices, stevia and cherries to the quinoa, mix well and cook on medium for 10 minutes.
- Add baked beets to the quinoa, mix and cook on low heat for 5-10 more minutes.
- Enjoy hot as breakfast or snack.

## Nutrition Facts

Servings 4.0

Amount Per Serving

**calories** 125

% Daily Value \*

**Total Fat** 2 g 3 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol** 0 mg 0 %

**Sodium** 50 mg 2 %

**Potassium** 118 mg 3 %

**Total Carbohydrate** 24 g 8 %

**Dietary Fiber** 4 g 17 %

**Sugars** 6 g

**Protein** 4 g 8 %

Vitamin A 3 %

Vitamin C 3 %

Calcium 16 %

Iron 11 %