

## Good Morning Quinoa

*Healthy, easy, and vegan, this recipe is totally flexible and is a great way of using the amazing, high-protein grain quinoa.*

**Serves 3 (or several servings for one person if you're like me)**

- 1 cup quinoa
- 2 cups milk of your choice (I prefer vanilla soy or almond milk)
- ½ cup water
- 1 tsp. pumpkin pie spice
- 1 tbsp. agave nectar

**Optional toppings**

- Sliced banana
- Dried fruit (I like unsweetened dried apricots or figs)
- Berries (fresh or frozen and thawed)
- Pistachios, almonds, or other nuts of your choice
- Drizzle more of agave
- Flax, wheat germ, hemp, or chia seeds for a boost of extra nutrition!

**Directions**

- 1) Combine quinoa, milk, water, and pumpkin pie spice in a medium saucepan. Bring to a boil, turn down the heat to medium-low, and simmer for 15 minutes, or until the quinoa has absorbed all of the liquid.
- 2) Stir in agave.
- 3) Top with optional toppings and dig in!