



BREAKFAST

Banana Nut Quinoa & Millet Hot Cereal

A wonderful alternative to dried cereal, coffee, toast, and pastry in the morning. Quinoa and millet are delicious when cooked low and slow in fresh almond banana milk sweetened with dates and spiced with cinnamon. This high-protein hot cereal will sustain you through a busy morning.

YIELD: Serves 4

INGREDIENTS

- 1 cup dry quinoa (soaked overnight in filtered water)
- 1 cup dry millet (soaked overnight in filtered water)
- 4 cups nut milk (almond, coconut, or cashew)
- 1 ripe banana (broken into 2-3 pieces)
- 2 dates (pitted and coarsely chopped)
- 1/2 teaspoon ground cinnamon
- 2 tablespoons coconut oil or unsalted butter
- 1 tablespoon flaxseeds (ground or whole)
- 1 tablespoon maple syrup (optional)
- Pinch of sea salt (optional)



DIRECTIONS

1. Separately, drain quinoa and millet through a fine mesh sieve, running filtered water through grains for 2 minutes. Once thoroughly rinsed, transfer to separate bowls and set aside.
2. In a blender, combine nut milk with banana and dates and process until smooth.
3. Transfer the mixture to a medium size pot, add a pinch of sea salt and bring it to a gentle boil.
4. When milk just begins to bubble, lower heat slightly and add millet.
5. Cook on medium-low heat, stirring constantly for about 10 minutes.
6. Then add quinoa and cinnamon and cook until millet and quinoa are tender and cooked through, for about 8-10 minutes. If cereal is too thick, thin it with a little amount of filtered water.
7. Stir in coconut oil or butter. Add more nut milk or yogurt if desired.
8. To serve, top with flax seeds and drizzle on maple syrup.

NUTRITION GEM

Health Benefits of Quinoa, Millet & Dates

A hearty and heart-healthy breakfast that is gluten-, dairy- and sugar-free using ancient grains.

Quinoa — Quinoa is a complete protein, rich in fiber, vitamins and minerals like magnesium, iron, and folate that aids blood sugar control, weight management, and heart health.

Millet — Millet is a good source of fiber, antioxidants, and minerals like magnesium, phosphorus, and manganese, supporting digestion, blood sugar balance and heart health.

Dates — Dates improve digestion, boost energy levels, support heart health, regulate blood sugar levels, promote bone health, aid in natural labor, and support brain health.