

food for fuel:
great grains!

Quinoa Breakfast Bowl

Recipe & Demonstration By:
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Ingredients:

- 1 cup quinoa (uncooked)
- 2 cups vanilla soy milk (or milk of choice)
- 1 apple, diced small
- ¼ c. dried cranberries
- ¼ c. chopped walnuts
- Honey or agave syrup, to taste
- Peanut butter, to taste

Directions:

- Boil soy milk in a medium pot on the stove. Once boiling, add in your quinoa and reduce to a simmer until the milk is absorbed and quinoa fluffy, approx. 7-10 minutes. Please note: milk likes to bubble up and boil over easily when heated, so keep a close eye on this while it's cooking.
- Divide quinoa into bowls (to share, or to eat later!) and top with dried cranberries, walnuts and diced apples.
- Drizzle with honey to taste, or as I prefer, with creamy almond or peanut butter (microwave on high for 10-15 seconds and it will be like syrup).

heart healthy Benefits:



food for fuel: great grains!



cooking with whole grains



GREAT GRAINS

There's a whole world of grains you've probably never tried before, all of them bursting with nutrition and distinctive flavors.

1 CUP GRAINS	WATER	COOKING TIME
COMMON GRAINS:		
brown rice	2 cups	60 min
buckwheat (aka kasha)	2 cups	20 min
oats (whole groats)	3 cups	90 min
oatmeal (rolled oats)	3 cups	20 min
ALTERNATIVE GRAINS:		
quinoa	2 cups	15 min
amaranth	2 cups	20 min
barley (pearled)	2-3 cups	60 min
barley (hulled)	2-3 cups	90 min
bulgur (cracked wheat)	2 cups	20 min
cornmeal (aka polenta)	3 cups	15 min
couscous	1 cup	5 min
kamut	3 cups	90 min
millet	2 cups	30 min
rye berries	3 cups	2 hours
spelt	3 cups	2 hours
wheat berries	3 cups	60 min
wild rice	2 cups	60 min

- ★ Prepare your grains in bulk and store in the freezer to cut down on cooking time for future recipes and uses.
- ★ Be sure to store grains in a moisture proof container once opened.
- ★ The nutritional benefit of different grains varies, so include a wide variety in your diet where possible.

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breakfast

- Oatmeal w/ banana OR Quinoa breakfast bowl (see recipe)
- Eggs paired whole-wheat toast
- Whole grain cereal (raisin bran) w/ skim milk, berries
- Low-fat yogurt paired with fruit and granola

lunch

- Oatmeal w/ banana
- Quinoa breakfast bowl (see recipe)
- Eggs with whole-wheat toast
- Whole grain cereal (raisin bran) w/ skim milk, berries

dinner

- Vegetarian chili with beans and quinoa
- Mushroom Barley Pilaf
- Eggs with whole-wheat toast
- Whole grain cereal (raisin bran) w/ skim milk, berries

snacks

- Vegetarian chili with beans and quinoa
- Mushroom Barley Pilaf
- Stir Fry with Brown Rice

- ★ Men should consume approx (38)g fiber per day and women (25)g fiber per day to reduce cholesterol and reduce overall risk of heart disease.
- ★ If you're working to increase your fiber intake, make sure to also add additional fluids to your day to as fiber also absorbs water.



soluble fiber can lower risk of heart disease at any age!