



# Cherry Cinnamon Quinoa

6 Servings • 1 Serving =  $\frac{1}{3}$  Cup

## INGREDIENTS

- 2 cups low-fat milk or non-dairy alternative, unsweetened
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1 Tablespoon honey
- 3 cups cooked, quinoa
- 1 cup fresh cherries, pitted or frozen cherries, thawed
- $\frac{1}{4}$  cup walnuts or sliced almond, toasted
- Optional: 2 dried apricots, thinly sliced

## DIRECTIONS

1. Combine the milk, ground cinnamon, and honey in a small stock pot. Bring to a boil, stirring to dissolve the honey. Add the cooked quinoa and turn heat down to a simmer for 5 minutes.
2. If using fresh cherries, rinse, dry, pit and halve them. If using frozen cherries, thaw them by running them under cool water. Set aside.
3. Once quinoa mixture is cooked, separate into four bowls, top with cherries, nuts, and apricots.

## Nutrition Facts

6 servings per container  
Serving size **3/4 cup**

Amount per serving  
**Calories 200**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 11g	
Includes 3g Added Sugars	<b>6%</b>

<b>Protein</b> 6g	
Vitamin D 0mg	<b>0%</b>
Calcium 128mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 305mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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