

Herbal Legacy Recipes

Great Tasting Quinoa & 9-Grain Mix

Contributed by David White, Provo Utah

Makes a delicious breakfast or side dish. High in protein and fiber.

- 1 cup Red Quinoa
- 1 cup 9 grain cereal

Cook in different stainless steel pots by adding each to two cups of water just beginning to boil. Put on lids, turn heat to low for 15 to 20 minutes. (Time varies depending on your elevation, higher takes longer.)

Alternative to cooking: Soaking overnight works well and taste is more intense (as most soaked foods are). It tastes very good soaked in apple juice for a breakfast cereal.

Spoon into bowls, add raisins (or other chopped dried fruit), a handful of fresh ground nuts (I like walnuts or pecans) and honey.

For those who prefer it moist use almond milk or apple cider.

As a side dish add fresh diced cucumber or cilantro.

Both quinoa and 9-grain mix are available at most health food stores and some supermarkets.

Serves four hearty appetites.

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