



Hot Oat & Quinoa Cereal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



585 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup goji berries dried (such as goji berries, cranberries, or barberries)
- ☐ 0.3 teaspoons ground cardamom
- ☐ 0.5 teaspoons ground cinnamon
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings maple syrup
- ☐ 4 servings milk
- ☐ 4 servings pumpkin seeds shelled toasted (pepitas)
- ☐ 0.5 cup quinoa

- ☐ 0.3 cup raisins
- ☐ 0.5 cup irish oats
- ☐ 4 servings walnuts toasted

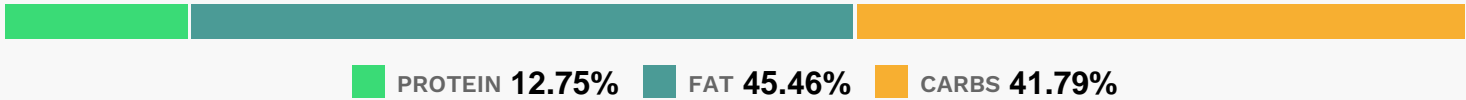
Equipment

- ☐ sauce pan

Directions

- ☐ Bring 1/2 cup dried fruit (such as goji berries, cranberries, or barberries), 1/2 cup steel-cut oats, 1/2 cup well-rinsed quinoa, 1/4 cup raisins, 1 teaspoon kosher salt, 1/2 teaspoons ground cinnamon, 1/4 teaspoons ground cardamom, and 4 cups water to a boil in a medium saucepan. Cover and let sit off heat overnight. (Alternatively, bring mixture to a boil; reduce heat and simmer, stirring occasionally, until grains are tender, 20–25 minutes.)
- ☐ Before serving, reheat cereal in saucepan, covered, over medium-low heat, stirring occasionally and adding water if needed, until warmed through, 5–8 minutes.
- ☐ Serve with milk, maple syrup, toasted shelled pumpkin seeds (pepitas), and toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:57.58, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:22.762173621551%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 585.42kcal (29.27%), Fat: 30.61g (47.09%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 56.78g (20.65%), Sugar: 24.52g (27.25%), Cholesterol: 29.28mg (9.76%), Sodium: 680.21mg (29.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Manganese: 2.08mg (103.79%), Phosphorus: 466.86mg (46.69%), Vitamin B2: 0.72mg (42.45%), Calcium: 377.65mg (37.76%), Magnesium: 131.83mg (32.96%), Copper: 0.65mg (32.37%), Fiber: 6.54g (26.17%), Vitamin B1: 0.34mg (22.79%), Vitamin B12: 1.32µg (21.96%), Vitamin B6: 0.43mg (21.63%), Potassium: 748.39mg (21.38%), Zinc: 2.84mg (18.91%), Vitamin D: 2.68µg (17.89%), Folate: 69.37µg (17.34%), Iron: 3.06mg (17%), Vitamin B5: 1.26mg (12.58%), Selenium: 8.07µg (11.53%), Vitamin A: 405.15IU (8.1%), Vitamin E: 0.88mg (5.85%), Vitamin B3: 1.09mg (5.43%), Vitamin K: 1.69µg

(1.61%), Vitamin C: 0.93mg (1.13%)