

CREAMY QUINOA WITH DRIED CRANBERRIES

Ingredients

- . 1 ½ c. vanilla soymilk
- . ¼ tsp. salt
- . 1 c. quinoa
- . ½ c. dried cranberries
- . 2 T maple sugar
- . 1 tsp. ground cinnamon
- . ½ tsp. ground ginger
- . ¼ tsp. ground allspice or ground cloves
- . ¼ tsp. ground nutmeg
- . ½ cup chopped, toasted pecans (or almonds or walnuts)

Directions

1. Bring soymilk, salt, and 1 cup water to a boil in a saucepan.
2. Stir in quinoa, and reduce heat to medium-low.
3. Simmer 15-20 minutes, or until liquid is absorbed and grains are tender, stirring occasionally.
4. Remove from heat, and stir in maple sugar, cinnamon, ginger, allspice, nutmeg.
5. Serve warm, topped with cranberries and pecans.

Yields: 8 servings
Per ½ cup serving:
Calories: 181
Fat: 7.5 g
Protein: 5 g
Carb: 25 g (3 g fiber)

RECIPES



*For eating well
after bariatric
surgery*



To view more recipes or submit your own, visit
www.mushealth.com/weightlossurgery