



## *Natty Blueberry Quinoa Oatmeal*

Serves: Servings: 1

- 2/3 cup lowfat milk
- 1/3 cup old-fashioned oats
- 1/4 cup cooked quinoa
- 1/4 cup blueberries
- 1 teaspoon maple syrup or sweetener of choice
- 2 tablespoons pecan pieces
- 2-3 dashes cinnamon

Combine milk and oats and cook according to package instructions to desired creaminess.

Stir in quinoa, blueberries, maple syrup, pecans and cinnamon and serve hot.

Nutrition: 376 calories; 17 g fat; 3 g saturated fat; 13 mg cholesterol; 13 g protein; 46 g carbohydrates; 6 g fiber; 255 mg sodium; 23% calcium. Nutrition figures based on using lowfat milk.

Source: MilkPEP

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