

Breakfast Quinoa w/ Apple Compote FOK

Swick

Serves 4 | Active Time: 10 minutes | Total Time: 35 minutes

Step 1: Making the Quinoa and Compote

- 1½ cups quinoa, rinsed and drained
- 1 cinnamon stick
- sea salt, to taste
- ½ cup thinned out date paste
- 1 cup dates, pitted and chopped
- 4 Granny Smith apples, peeled, cored, and diced
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- zest and juice of 1 lemon

Bring 3 cups of water to a boil over high heat. Add the quinoa, cinnamon stick, and salt. Cover the pot, reduce the heat to low-medium, and cook for 20 minutes, or until the quinoa is tender. Remove from heat and remove the cinnamon stick before serving. Fluff the quinoa before serving.

To make the compote:

Place the thinned out date paste in a small saucepan and bring it to a simmer over medium heat. Add the dates, apples, cinnamon, nutmeg, and lemon zest and juice, reduce heat down to low and cook for 15 minutes, or until the apples are tender and start to break down.

To serve, divide the quinoa among 4 individual bowls and top with the apple compote.