

# Quinoa Cereal & Caramelized Bananas

*From*

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## **Ingredients:**

1 Cup-Cooked Quinoa

1/2-3/4 Cup-Coconut Milk

1 Banana Chopped

1/2 Teaspoon-Cinnamon

1/4 Teaspoon-Nutmeg

2 Tablespoons-Walnuts, Chopped

1 Tablespoon-Agave

1 Tablespoon-Butter

1-2 Tablespoons-Almond Butter if desired

## **Directions:**

-Heat butter in skillet. Add bananas and cook for 1-2 minutes, stirring thoroughly, add in walnuts. Add cinnamon, nutmeg and agave nectar to skillet, stir.

-Add coconut milk to cooked quinoa, and heat in microwave 1-2 minutes.

-Add skillet contents to quinoa and stir. Top with agave nectar and almond butter if desired.