

# The Happy Hippie:

## Quinoa with Walnuts and Berries

*Quinoa (keen-wah) is an ancient grain from South America. It is packed with nutrients and is also a complete protein! Quinoa has a natural coating called saponin that repels insects and birds and can create a bitter taste. Rinsing the uncooked quinoa with warm water removes the saponin. This recipe is adapted from several recipes in Feeding the Whole Family by Cynthia Lair.*

- 1 cup quinoa (available in bulk or packaged at many markets and health food stores)
- Pinch of sea salt
- 1 ¾ cups water
- 6 tablespoons chopped walnuts
- 1 cup blueberries (may substitute raspberries, strawberries, blackberries or other berries)
- Maple syrup, if desired

Rinse quinoa well with warm water and drain. Place rinsed quinoa, salt and water in a pot. Bring to a boil, reduce heat to low, cover and let simmer 15-20 minutes, until all the water is absorbed. While quinoa is simmering, toast walnuts on a cookie sheet in the oven at 350°F for 10-12 minutes (or place in a pan on the stove over low heat, constantly moving the nuts to avoid burning). When quinoa is cooked, fluff with a fork and toss in walnuts. Place in bowls and top with berries. Add maple syrup, if desired.

Preparation time: 20-25 minutes

Makes 2 ½ - 3 cups quinoa

Number of servings: 4

Serving size: about 1 cup

### Nutrition Information (amount per serving):

- Calories: 250
- Carbohydrates: 36 grams
- Fiber: 4 grams
- Protein: 8 grams
- Total fat: 10 grams