

Chocolate Quinoa Oatmeal

Oats

1 cup rolled oats

1 3/4 cup water

Dash salt

Heat water and salt until boiling. Add oats and continue cooking on medium heat for 1 minute. Immediately stir in the following:

2 1/2 tablespoons cocoa powder

4 teaspoons vanilla

5 tablespoons real maple syrup

5 tablespoons (or more) dried cherries

2 tablespoons ground flaxseed (optional)

Quinoa

1 cup quinoa rinsed

1 1/2 cups water

Bring to a boil, cover and simmer for 15 minutes. Let stand for 5 more minutes. Mix into oatmeal mixture.

I usually make the quinoa the night before and prep all of the other ingredients and make the rest of it in the morning. It only takes 5 minutes.

Sprinkle with sunflower seeds (or other nuts) and sliced strawberries (or bananas).