

## Harvest Maple Quinoa



- 1 1/4 cup water
- 1 cup quinoa

Rinse the quinoa well with water. Bring water to a boil and add the quinoa, then simmer for 12 minutes. Remove from heat and cover for another 5 minutes before adding the harvest mixture. Stir in the harvest mixture until well incorporated and divide into bowls.

### Harvest Mixture:

- 1 tablespoon coconut oil
- 1/2 cup puree of pumpkin, squash and/or my favorite, yam (I used my yam food cubes)
- 1 tablespoon pure maple syrup
- 1/3 cup heavy cream or milk
- 1/4 teaspoon of pumpkin pie spice or breakfast sprinkle or be boring and use just cinnamon
- pinch of real salt

Top with any of the following:

- Nutty Granola
- Chopped Nuts
- Coconut
- Chia Seeds
- Pure Maple Syrup
- Extra cream and herbal sprinkles