

# Toasted Almond and Apple Quinoa

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Adapted from Instantly Delicious Cookbook

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:625434943dfalc5dcb5b18f0>

- 6 quart Instant Pot or electric pressure cooker
  
  - 2/3 cup slivered almonds
  - 1 cup uncooked quinoa
  - 2 cups water
  - 1/3 cup dried tart cherries
  - 1/4 tsp table salt
  - 1 tsp vanilla extract
  - 1 cup sliced apple
  - 1 Tbsp zero calorie sugar replacement – I use monkfruit
  - 1/4 tsp ground cinnamon
1. Remove lid from a 6 quart Instant Pot. Press Saute. Add the almonds to the pot; cook, stirring occasionally, 2 to 3 minutes or until lightly browned. Remove the almonds from the pot and set aside
  
  2. Add the quinoa to the pot; cook 1 minute or until

lightly bowed, stirring frequently. Stir in the 2 cups water, cherries, apples\*\* and salt. Turn off the cooker

3. Lock the lid; turn pressure valve to "sealing". Pressure cook on high pressure for 6 minutes. Allow to naturally pressure release. Remove lid and stir in the vanilla.
4. Combine almonds, sugar and cinnamon\*\* – toss to coat. Divide quinoa mixture among 4 bowls; top with apple mixture.
5. \*\*the original recipe does not have you putting the apple in the pot to cook -due to my allergies, I need to cook it. The original recipe has you tossing the almond, apples, sugar and cinnamon and topping the quinoa with that.

Breakfast

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apples, Quinoa