

Quinoa Breakfast of Champions

Quinoa (pronounced "keen-nwa") is a South American grain that is high in protein, calcium, and phosphorous. Probably the most nutritious grain in the world, it is an excellent food for parrots, either sprouted and served raw, or cooked, as in this recipe. It is available in most health food stores as a bulk grain.

- 1 cup quinoa
- 2-3 cups water
- Corn kernels
- Chopped carrots
- Raisins and/or dried apples (unsulphured, found in health food stores)
- Cinnamon stick

Boil 2 cups of water, add quinoa. Cook for 10 minutes, then add veggies and dried fruit. Cook another 5 minutes or until the quinoa grain is clearish and has a tiny tail sprouting from it. You may have to add a little more water if it gets too dry too quickly. Let cool. Serve. You can put almost any veggies or fruits in this recipe.