



Quinoa with Peaches and Creamy Yougurt

Servings: **4 Servings**

Ingredients

- 1 cup quinoa
 - 2 cups water
 - 1 tsp ground cinnamon
 - 1 tsp ground nutmeg
 - 1 large fresh peach, pitted and chopped
 - 1/2 cup fat-free greek yogurt
 - 2 tbsp honey, or to taste
 - 1 pinch ground nutmeg
 - 1 tbsp lime juice, or to taste
-

Directions

1. If quinoa is not pre-rinsed, rinse in plenty of cool water to remove coating, and drain. Bring 2 cups of water to a boil in a saucepan, and stir in the quinoa; reduce heat to low, and simmer until tender, 15 to 20 minutes. Drain excess water, and mix in the cinnamon and 1 teaspoon of nutmeg.
 2. Mix the chopped peach with yogurt in a bowl. Serve quinoa in a serving bowl, topped with about 2 tablespoons of the peach yogurt. Drizzle with a teaspoon or so of honey, sprinkle with nutmeg, and drizzle about a teaspoon of lime juice over the top.
-

Printed from **Key Ingredient**

Direct recipe link: <https://www.keyingredient.com/recipes/9635090/quinoa-with-peaches-and-creamy-yougurt/>