

Quinoa Porridge

Serves 2

Ingredients:

1 cup almond or coconut milk
½ cup quinoa (rinsed well)
1 finely peeled and diced apple
2 chopped dates (optional)
Pinch of cinnamon
2 tsp coconut oil

Individual Bowl Garnish:

1/4 apple, sliced and caramelized in coconut oil, pinch nutmeg, pinch stevia
1 tablespoon blueberries
1 heaping teaspoon coconut cream or coconut manna
1 teaspoon toasted almonds
cinnamon
opt. stevia

Method:

1. In small saucepan, bring quinoa and milk to a boil.
2. Turn down to a simmer, add cinnamon, dates, apple and coconut oil and cover.
3. Cook 12-15 minutes, stirring often until creamy and the quinoa becomes see-through. If still too al dente for your taste, add some water and cover/cook until desired doneness.
4. For each bowl serve with additional warm almond milk or coconut milk if needed, ¼ caramelized apple (fanned), cinnamon, 1 tablespoon blueberries, 1 teaspoon coconut cream or manna and 1 teaspoon toasted coconut and, or almonds.

Other Optional Ingredients:

Chia, goji berries, hemp seeds, toasted sunflower seeds, walnuts, cashews, prunes, blackberries, stone fruit.....