

Quinoa Porridge

Quinoa makes a wonderful high-protein, high-fiber breakfast. This recipe can be enjoyed as a breakfast, dessert or snack.

Ingredients

1 cup dried Quinoa (any variety)

1 ½ cups water

4 chopped dried figs or dates (or ¼ cup raisins)

¼ teaspoon cinnamon (and/or nutmeg or cardamom)

Topping: Walnuts or other nuts of choice; and/or sliced fruit or fruit compote

Optional: Non-dairy milk (almond, coconut, soy, etc.)



Instructions

1. Start heating your water in a medium-sized pot, while you wash your quinoa with a strainer.
2. Add quinoa and dried fruit to heating/heated water.
3. Simmer quinoa porridge for 15 minutes, until soft.
4. Serve in individual bowls. Add non-dairy milk, if desired, and top with fruit and nuts.

Makes 4 servings