

Ma's Sweet Morning Quinoa (THM E)

Makes one serving.

Dry Ingredients:

- 1/4 cup of quinoa
- 1 pinch of sea salt
- 1/4 cup of fresh or frozen cranberries and 1/4 cup of frozen blueberries *(or 1/2 cup of mixed frozen berries.) Add during the last 5 minutes not in the beginning.

Wet Ingredients:

- 1/2 cup favorite nut milk
- 1/2 cup water (add 1/4 more as your cook if you feel is too thick)
- 1/4 cup egg whites
- 1/4 tsp. Butter or Maple Extract (optional but so yummy)

Healthy Additions: (these can be omitted but amps up the health of your cereal)

- 1 tsp. of baobab
- 1 tsp. of Psyllium Flakes
- 1 Tbsp. of ground flax seed
- 1/4 to 1/2 tsp. THM Duo Greens powder (depending on how green you like it)
- 1/4 cup cauliflower snow

Topping:

- 2 or 3 shakes of sea salt
- 1 tsp. Cinnamon
- THM Gentle Sweet (measure with your heart, I like mine sweet)
- 1/4 cup boiling water
- 1 tsp. of MCT oil, butter, or ghee. (1 tsp. of fat keeps this an E. If you are adding fat to your morning coffee, then omit this or do 1/2 fat in your coffee and 1/2 in your quinoa)

Instructions:

Before turning on the heat, throw wet and dry ingredients (except blueberries) into a small pot. Stir well.

Cook on Medium Low (#3 on my stove) for 35 minutes, stirring often.

Add frozen blueberries, cook for another 5 minutes.

Pour cereal into a bowl, then top in this order: mineral salt, cinnamon, THM Gentle Sweet, MCT oil, then pour the boiling water on top of it all, which melts it all together.

Notes:

To make a bulk batch, cook quinoa with ratios given on the package or bag. Mix wet and dry ingredients, and cranberries and blueberries, cook as instructed. Store in a sealed container in the fridge. When you're ready to eat, reheat for 30 seconds in the microwave then add the topping.