



## CREAMY QUINOA PORRIDGE

**SERVES: 6** (approx. ½ cup quinoa plus toppings) **Prep Time: 15 min.** **Cooking Time: 43 min.**

**CONTAINER EQUIVALENTS** (per serving): 1 ½ 1

<b>1 cup</b>	<b>dry red quinoa</b>
<b>2 cups</b>	<b>water</b>
<b>1 cup</b>	<b>unsweetened almond milk</b>
<b>2 Tbsp.</b>	<b>raw honey</b>
<b>3 pods</b>	<b>green cardamom (or ½ tsp. ground cardamom)</b>
<b>½ stick</b>	<b>cinnamon (or ¾ tsp. ground cinnamon)</b>
<b>¼ tsp.</b>	<b>ground nutmeg</b>
<b>4 to 6 slices</b>	<b>raw ginger (or ¼ tsp. ground ginger)</b>
<b>¼ tsp.</b>	<b>sea salt (or Himalayan salt)</b>
<b>½ tsp.</b>	<b>cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)</b>
<b>1½ cups</b>	<b>sliced strawberries</b>
<b>1½ cups</b>	<b>fresh blueberries</b>
<b>¼ cup</b>	<b>sliced almonds (toasted, if desired)</b>
<b>¼ cup</b>	<b>unsweetened shredded coconut (toasted, if desired)</b>
<b>¼ cup</b>	<b>raisins</b>

1. Rinse quinoa thoroughly in fine mesh strainer; place in medium saucepan.
2. Add water. Bring to a boil over medium-high heat. Reduce heat to medium-low. Gently boil, covered, for 18 to 20 minutes, or until liquid has absorbed and quinoa germ has released. Quinoa should be soft with just a little bite. Remove from heat. Allow quinoa to rest, covered, for 5 minutes.
3. While quinoa is cooking, heat almond milk, honey, cardamom, cinnamon, nutmeg, ginger, and salt in small saucepan over medium-high heat. Bring to a boil. Reduce heat to low; gently boil for 10 minutes.
4. Add cornstarch slurry; cook, stirring frequently, for 2 to 3 minutes, or until thickened. Remove whole spices from mixture.
5. Add almond milk infusion to cooked quinoa; mix well.
6. Place ½ cup quinoa into each of six bowls. Top each bowl evenly with strawberries, blueberries, almonds, coconut, and raisins. Serve warm and enjoy!

### TIPS:

- Measure out ½ a with a mixture of strawberries and blueberries and top your serving of quinoa with it.
- You can also combine the sliced almonds, shredded coconut, and raisins and use your to top your serving of quinoa with it.
- To toast almonds and coconut, place them on a baking sheet in a 375° F oven for approx. 10 minutes, or until golden brown and fragrant.

**NUTRITIONAL INFORMATION** (per serving): **Calories: 240** **Total Fat: 7 g** **Saturated Fat: 2 g** **Cholesterol: 0 mg** **Sodium: 231 mg** **Carbohydrates: 41 g** **Fiber: 4 g** **Sugars: 17 g** **Protein: 5 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.