[Breakfast Porridge](http://www.tastebook.com/recipes/1442495-Breakfast-Porridge)   
  
½ C oats

½ C quinoa

½ C amaranth

3 C water

dash of cinnamon

dash of nutmeg

¼ C raisins

¼C chopped walnuts

Put first four ingredients in a pot and bring to a boil, cook for 20 min. Add the rest of the ingredients, stir together well and let sit for 5 min before serving.

Makes 4 servings

Calories per serving - 320, total fat 9g, carb 50g, protein 11g, fiber 6g