
Quinoa Porridge

Makes about 4 servings

Ingredients

- 3/4 cup dry quinoa
- 1 1/2 cups water
- 1 medjool date, chopped (can omit if needed)
- 3/4 cup non-dairy milk - I highly recommend soy milk for this part.
- Additional non-dairy milk
- 2 teaspoons ground cinnamon
- optional: 2 teaspoons vanilla extract

Toppings:

- 1 cup of fruit per serving: berries, peaches, pears, apple
- 2-3 TBS of mixed seeds per serving: pumpkin, hemp hearts, chia, flax.
- Can replace some seeds with shredded coconut and/or chopped raw nuts

Directions:

1. Add water, chopped date and quinoa to a saucepan and bring to boil.
2. Once boiling, reduce to low heat, cover, and cook for 13-15 minutes. The quinoa should become light and fluffy. Do not overcook or it will burn.
3. Add the 3/4 cup non-dairy milk, cinnamon and other spices if using and stir into the quinoa.
4. Continue to cook on low until the liquid is mostly absorbed.
5. Divide into serving containers and add toppings.