



# Quinoa Berry Breakfast Porridge

Here's a healthy breakfast option that I have made using quinoa, nuts and seeds. It can be made overnight and then served hot or cold in the morning with a sprinkling of your favourite fruit and a dollop of yogurt. It make a delicious and nutrient dense change to traditional oat porridge.

## Ingredients

80 g uncooked quinoa	20 g flaked almonds
200 ml coconut almond milk	Pinch of salt
½ tsp cinnamon	1 tbsp pumpkin seeds
½ tsp vanilla paste	1 tbsp flax seeds
1 tbsp shredded coconut	Selection of fresh berries

## Instructions

1. Cook quinoa with coconut almond milk, add cinnamon, vanilla paste, coconut, almonds, salt, pumpkin seeds and flax seeds.
2. Simmer on medium heat 5-10 minutes until quinoa is soft creamy consistency. Add more milk if necessary.
3. Serve warm or cold. Top with your favourite fruit such as selection of berries.
4. Quinoa porridge can be made overnight and stored in refrigerator for a few days.

## Notes

- Add an optional dollop of natural or coconut yogurt if you prefer it less dry.
- Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is high in fibre, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.
- Flax seeds are high in omega 3 and a rich dietary source of phytoestrogen.
- Berries are high in antioxidants, rich in fibre and Vitamin C.
- The natural sweetness of cinnamon helps to balance blood-sugar levels. Ceylon cinnamon is the purest and best to use.