

Quinoa Porridge

Quinoa is a seed to a leafy green plant that grows in high altitudes. Originally from the Andes Mountains of South America it's been a staple of cultures like the Incas for thousands of years and has recently been reintroduced into North America. It's widely available even in conventional grocery stores, though you might have to look in the "health food" section. Besides the whole seed there are pastas and flour available to use in other ways. Quinoa is a nutrient powerhouse! It is a wonderful source of protein with all the essential amino acids making it almost a must-eat for anyone cutting down on animal sources of protein. Quinoa is also a huge source of fiber – the red variety more so than the white – and as a nice side benefit it's also gluten free. Quinoa cooks just like brown rice – two parts water to one part seed – and it has many of the nutritional attributes we associate with a grain so most often we just toss it in that category, but it is most definitely a seed.

Quinoa	2 cups
Water	3 cups
Soy Milk	3 cups
Dried Berries	1 cup
Fresh Apple	1 med

Toppings:

Whole Flax Seeds, Banana, Walnuts,
Additional Soy Milk



Just like the whole grain oatmeal that can frequently be seen on my breakfast table, you make this recipe in a large batch once a week and reheat it every morning. It literally takes two minutes to prepare breakfast if you have a batch of this in the fridge ready to go!

The ratio for Quinoa is 2:1; two parts water to one part seed, just like brown rice and we cook it the very same way. Now, if you look at my recipe for quinoa salad you'll be directed to toast the quinoa in a dry sauté pan before you make it in order to get it to come out fluffier. In this case we want the direct opposite so we're not only going to skip that toasting stage, we're going to use a water to seed ratio of 3:1 to make it even more moist.

Quinoa can be just a bit bitter sometimes so we're going to use 50% soy or any other type of "milk" you prefer. Almond and oat milk make a nice addition to this, but use rice milk or anything you prefer; watch the fat and added sugar content though and select one that is low in both. Chop one apple, leave the skin on though that's where the vitamins are; add it to the heating liquid with one cup of some kind of unsweetened or apple juice sweetened dried berry. Add the quinoa to all of that when it starts to simmer. Make it just like oatmeal stirring at a low simmer. The apple with break apart and along with the dried berries will sweeten the porridge nicely!

Just like the whole grain oatmeal, cool it down in an ice bath in order to get a full week out of it and think of it as a concentrate. Add a little liquid of some kind to it in the morning and reheat it, then top it with bananas, walnuts, flax seed or fresh berries in the summer!