

Quick Quinoa Porridge

PREP TIME: 30 min TOTAL TIME: 30 min SERVES: 4

Ingredients

1 cup quinoa
1/4 cup quick oats
1/4 cup barley flakes
2 1/2 cup water
coconut milk
maple syrup or stevia (to taste)



Directions

Bring first four ingredients to a boil. Lower heat, cover and allow to simmer 15–20 minutes, stirring occasionally until quinoa softens and spirals appear. Stir in coconut milk to desired thickness, until nice and creamy. Sweeten to taste with maple syrup. Ladle into bowls, top with your favorite seasonal fruit and enjoy!

Notes

Variations are endless however, a couple of options include adding a tablespoon of raw cacao powder or nut butter along with the coconut milk for a rich chocolate or nutty porridge.

Leftovers can be stored in the refrigerator for up to two days. This is a great make-ahead meal for a hearty, warm-and-go breakfast.

