

## Quinoa Breakfast Porridge

### Ingredients:

2 servings

1 cup milk

0.5 cup quinoa

Salt, 1 dash

¼ tsp cinnamon

1-2 tbsp honey

1 tbsp chopped nuts

Fresh fruit

### Directions:

- 1 Rinse quinoa. Heat milk (medium heat) and add salt and quinoa. Bring to a boil.
- 2 Reduce heat, let simmer for about 20-25 minutes. Stir the quinoa. When it's done, let sit for another 5 minutes.
- 3 Fill two breakfast bowls with the quinoa, add cinnamon, honey, nuts and some fresh fruit.

Tip: Use couscous instead of quinoa.

Use cocoa power instead if cinnamon or just add both to the quinoa.

Add 1 two of flaxseed oil to the quinoa.

### Nutrition (per serving):

Energy	389	kcal
Fat	8.5	g
Carbohydrates	66	g
Fibre	7	g
Protein	13.3	g
Sodium	147	mg

Tbsp...Table spoon

tsp...Tea spoon

Cup...240 ml