

Warm Quinoa Porridge

This is a great alternative to oat porridge as it is gluten free grain that you can get from all health food shops. It contains a balanced set of essential amino acids for humans making it an unusually complete protein source. The protein content is very 12-18% highest from the plant kingdom and it is also high in iron and magnesium. Vegetarians should have this grain as their staple.

My son and I have love this porridge in winter

Chinese Food Medicine

Quinoa is a warming grain and has a sweet and flavour; it is strengthening to the whole body; specifically tonifies the kidney yang energy.

Ingredients:

1 cup Quinoa (you can also supplement with ¼ cup of white rice or oats)

2.5 cups water

1 Teaspoon of cinnamon

Handful of sultanas, goji berries or even diced apple, have a play!

A splash of any nuts and seeds you like such as walnuts, pumpkin seeds or 2 tablespoons of ground LSA (linseed, sunflower seed, Almond)

Rice Milk

Rapadura Sugar or Honey to serve

What you do:

Place water and Quinoa in saucepan, bring to the boil, reduce heat and simmer for about 10 minutes (Cooking Quinoa is similar to white rice)

Add apple, fruit and nuts and simmer for another 15 minutes

Stir and add more water if necessary

Near the end stir in some rice milk or cow's milk to make it a bit creamier

Serve when grain is cooked (quinoa has a little tail inside grain which opens when cooked)

Sweeten to taste and add more milk if desired

Serves 2