

Quinoa Porridge

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Are you familiar with Quinoa (keen-wa)? This tiny little seed is packed with nutrition. It provides all eight of the essential amino acids, making it an unusually complete protein source among plant foods. It is gluten-free and easy to digest. Quinoa has a mild nutty flavor and a fluffy texture. Cook it like rice and season it, add it to soups and salads, or try this recipe for a hot, nutritious, delightfully delicious breakfast!



Equipment:

blender
saucepan

Ingredients:

1/3 cup quinoa
1/4 cup pecans
2 cups water
1 tsp vanilla
1/4 teaspoon sea salt
dash of cinnamon (optional)
2 Tbsp maple syrup

Directions:

1. Put quinoa into the saucepan.
2. Blend nuts with water on high for two minutes. Add nut mixture to the pan with the remaining ingredients.
3. Bring to a boil then reduce heat to medium low. Simmer for 45 minutes.

(I discovered this recipe on the pamphlet in a box of Ancient Harvest brand Inca Red quinoa.)