

QUINOA PORRIDGE

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VEGAN



GLUTEN FREE

DIFFICULTY: EASY

TIME: 7 MINUTES

SERVES: 1

This very berry quinoa porridge is an easy, clean eating breakfast for busy mornings. It's full of good-for-your-gut nutritious ingredients, leaving you feeling fuller for longer and energised to take on the day!

METHOD

Warm the milk, honey & vanilla in a small sauce pan over the stove. Place the cooked quinoa in a bowl & pour milk over it. Top it with all your delicious toppings.

INGREDIENTS

- 1 cup cooked quinoa
- 3/4 cup macadamia milk or any milk of choice
- 1/2 Tbsp honey
- 1/2 tsp vanilla essence

TOPPINGS

- 1/2 cup of berries of choice
- 1 tsp sunflower seeds
- 1 tsp goji berries
- 1 Tbsp nut butter of choice