



Quinoa Breakfast Porridge

Serves 1

This dish is warm & nourishing for a quick delicious breakfast The stevia and vanilla flavoring make it taste more like a dessert, but it's a very healthy way to start your day

1 cup left over quinoa or other grain such as millet or brown rice

1 cup almond milk, hemp milk or coconut milk

1 tsp cinnamon

$\frac{1}{2}$ tsp vanilla

2 Tb shredded coconut

Stevia to taste - 10 drops liquid or $\frac{1}{4}$ tsp green leaf

$\frac{1}{2}$ green apple diced (optional)

- In a medium saucepan, bring quinoa, almond milk and cinnamon to a boil.
- Add coconut, vanilla and sweetener.
- Lower the flame to simmer and cook 5-7 minutes until creamy stirring occasionally.
- Serve immediately with a little almond milk poured on top

- **Garnish with chopped apple**

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