



## Quinoa Coconut 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 coconut milk or other nut milk

1 tsp cinnamon

½ tsp vanilla

2 Tb shredded coconut

Stevia to taste - 10 drops liquid or ¼ tsp green leaf

Optional ingredients: chopped apple, goji berries, raspberries, blueberries

- 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 any of the optional ingredients

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