

INGREDIENTS

- 1 cup Water
- 1 cup Soy Milk
- 1 cup Quinoa, rinsed
- 2 tsp Cinnamon
- 1 tsp Vanilla Extract
- 1 cup Squash
- 2 tsp Honey

DIRECTIONS

1. Turn on oven to 375 F degrees.
2. Cut up squash into bite size pieces. Place squash on cooking sheet and sprinkle with olive oil and salt. Place sheet in oven for around 15 minutes or until soft.
3. Heat water and milk in a medium saucepan until boiling, add quinoa and reduce to a simmer and cook for 15 mins, covered.
4. Once quinoa is soft and all water is absorbed, turn off heat and add all other ingredients, stirring frequently.
5. If desired, the squash can be pureed or left in clumps depending on preference. Adjust seasonings and honey to preferred liking.



Quinoa and Squash Porridge

Dairy-Free | Gluten Free | High Protein | Vegetarian |

Yield:
2 Servings

Prep Time:
10 Min

Cook Time:
30 Min