

INGREDIENTS

- 1 cup Water
- 1 cup Soy Milk (or other)
- 1 cup Quinoa, rinsed
- 2 tsp Cinnamon
- 1 tsp Vanilla Extract
- 1 cup Apples, diced
- 2 tsp Honey

DIRECTIONS

1. Preheat the oven to 375 F degrees.
2. Cut up apples into bite size pieces. Place apples on cooking sheet and sprinkle with olive oil and cinnamon. Place sheet in oven for around 10 minutes or until soft. You can always skip this step if desired and just add apples when cooking quinoa.
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 apples can be pureed or left in clumps depending on preference. Adjust seasonings and honey to preferred liking.

Add spices like nutmeg, ginger, allspice for taste. Try adding nuts, seeds, or other dried fruits! You can always use cow's milk or any other available.



Quinoa and Apple Porridge

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

Yield:
2 Servings

Prep Time:
10 Min

Cook Time:
25 Min