

Creamy Quinoa Oat Porridge

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2013/creamy-quinoa-oat-porridge.html>

Ingredients

- ½ cup quinoa
- 1¾ cups water
- 1/8 tsp. salt
- 1 ½ cups unsweetened almond milk
- ½ cup apple cider
- ½ cup water
- ½ cup quick cooking steel-cut oats
- ½ Granny Smith apple, cored, peeled, and shredded
- ¼ tsp. ground cinnamon
- 1 Tbsp. dark maple syrup
- 3 Tbsp. ground flaxseed, optional

Instructions

1. In medium saucepan, combine quinoa with 1¾ cups water, and salt. Cover, bring to a boil, and then simmer gently for 15 minutes. Off heat, let quinoa stand for 5 minutes. Set 1/2 cup of quinoa aside. Transfer the rest to a container and refrigerate for up to 3 days for another use.
2. In medium saucepan, combine almond milk, cider and 1/2 cup water, and bring to a boil. Immediately stir in oats, and add cooked quinoa, grated apple and cinnamon. Simmer gently for 15 minutes, stirring several times during the first 10 minutes, then frequently during the final 5 minutes to minimize sticking.
3. Divide porridge among 3 bowls. Drizzle 1 teaspoon of maple syrup over each serving. Sprinkle 1 tablespoon of flax seed over each serving, if using. Serve immediately.

Makes 3 servings (2 ½ cups total yield)

Serving size: 5/6 cup

Nutrition information per serving

Calories: 261	Dietary Fiber: 3 g
Total Fat: 5 g	Sodium: 172 mg
Saturated Fat: <1 g	Protein: 8 g
Cholesterol:	Carbohydrates: 47 g