

Quinoa & Chia Superfood Porridge

I love porridge in the winter, as it is a great way to get wholegrains into my diet plus it is super warming on the winter mornings and sustains me through the day. My go-to porridge grains are the obvious rolled oats, buckwheat (the Russians love this as their staple porridge grain) and quinoa. This recipe uses quinoa, which is a great breakfast grain as it contains the full complement of amino acids (complete protein ☺) as well as good levels of calcium whilst chia is also high in protein as well as magnesium and plant omega-3s (the chia also helps give it a more porridge consistency). The combination of the two with some superfood goji berries, coconut and chopped seeds and nuts is nothing short of delicious.



Ingredients

- 1 cup quinoa
- ½ cup chia seeds
- ½ cup goji berries
- 1 cup desiccated coconut
- 3 cups water
- 1 cup of soy milk (Bon Soy is refined sugar free)
- ½ tsp of cinnamon
- Pepitas and chopped nuts to finish
- Raw untreated honey or Maple Syrup to finish

Method

- Measure out the quinoa (rinse in sieve) and place chia seeds into a saucepan, add the water and put on a low to moderate heat for 5-10 minutes, stirring frequently to monitor the amount of water, adding a little more if it gets dry.
- Add goji berries (or other dried fruit – chopped figs or dates) whilst cooking.
- Towards the end add cinnamon and desiccated coconut.
- Then after cooking for another couple of minutes, add the soy milk maintain on the heat until some soy milk is absorbed and it seems a porridge consistency.
- Finish with some pepitas, chopped nuts and some cool Bon Soy and a little honey or maple syrup.

Notes:

- Quinoa puffs out as it cooks and comes in white, red and black varieties; all similar in nutrient profile, black takes a few more minutes to cook.
- This also tastes really nice cold and has a rice pudding consistency.
- For quickness quinoa can be cooked the night before (i.e. cook extra if you have some at dinner) and chia seeds can be soaked in water over night and then it is just a matter of warming everything up on the stove in morning – for a super speedy breakfast.
- **Variations:** other dried fruit can be substituted for goji berries, raisins, currants, cranberries. Milk can be used instead of soy milk.

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