

Quinoa Porridge

Recipe recommended by Rebecca Szczypka
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	328 kj	4%
Energy (kcal)	78 kcal	4%
Fat	3.2g	5%
of which saturates	0.7g	4%
Carbohydrate	7.1g	3%
of which sugars	2.2g	2%
Fibre	2.6g	10%
Protein	3.6g	7%
Salt	0.1g	2%

Generated by Nutriics v5.61 May 2022

INGREDIENTS: (Serves 1, approx. 355kcal per 450g serving)

- 40g Quinoa
- 250ml unsweetened coconut/almond milk (**TREE NUTS**)
- 1 drop vanilla essence
- A pinch of ground cinnamon
- 1/2 tsp sweetener of choice (maple syrup/ honey)
- 1x tbsp full fat yoghurt (**MILK**)
- 100g raspberries/ blueberries/ strawberries OR 1x sliced banana OR 1x grated apple
- 1 tbsp ground flax (optional)
- ½ tbsp pumpkin seeds
- 1 tsp sliced almonds (**TREE NUTS**)

METHOD:

1. Place the quinoa into a small saucepan with the coconut milk and vanilla.
2. Add the cinnamon, sweetener and ground flax if using - stir (You can do this the night before and leave it in the fridge to soak to speed things up in the morning.)
3. Bring to the boil over low heat
4. Cover with a lid and simmer - 8-10 minutes. Remove the lid and simmer for another 8-10 minutes, stirring occasionally until creamy and the grains are tender
5. Pour into a serving bowl, top with yoghurt, fruit, nuts and seeds

ALLERGENS



TREE NUTS



MILK

MODIFY

Use yoghurt of choice if you require/ desire a dairy free meal

Nuts and seeds can be swapped to your preference

CREDIT

Recipe and photo by: Rebecca Szczypka