

GOLDEN CHAI-SPICED QUINOA PORRIDGE



TIME REQUIRED

Prep + Cook: 5 + 20 min

SERVING

4-6

STEPS

- Combine quinoa, almond milk, and spices in a saucepan.
- Simmer, stirring occasionally, until quinoa is soft and creamy (~20 min).
- Stir in maple syrup and vanilla.
- Serve warm with nuts and berries on top.

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups unsweetened almond milk
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp cardamom
- ¼ tsp nutmeg
- 1-2 tsp maple syrup (optional)
- 1 tsp vanilla extract
- ½ cup chopped roasted almonds or walnuts
- fresh berries for topping

PS

Chai spices add warmth and antioxidant properties while keeping blood sugar steady.