

Winter Warming Quinoa and Oat Porridge

11 ingredients · 10 minutes · 2 servings



Directions

1. Add the oats, quinoa flakes, cinnamon and water into a small saucepan over medium heat.
2. Add the dried fruits and start stirring with a wooden spoon.
3. Once the moisture has been absorbed, start adding the coconut milk, a little at a time and keep stirring,
4. Add the honey.
5. Keep adding the milk as needed until the porridge becomes soft and cooked through.
6. Place nuts on a chopping board and roughly chop.
7. Serve warm with coconut yoghurt, chopped nuts and fresh seasonal fruit such as berries, kiwi fruit and figs.

Ingredients

- 1/2 cup Oats (Whole Rolled Oats)
- 1/2 cup Quinoa (Flakes)
- 1 tsp Cinnamon (heaped)
- 1 tbsp Goji Berries
- 1 tbsp Organic Raisins (or other dried fruit eg. blueberries, cranberries)
- 1 tbsp Raw Honey (or maple syrup)
- 1 cup Water (filtered)
- 1 cup Plain Coconut Milk (approximately)
- 1/2 cup Mixed Raw Nuts (raw, unsalted)
- 1 tbsp Unsweetened Coconut Yogurt
- 1/2 cup Seasonal Fruits (kiwi, berries, figs)

Nutrition

Amount per serving

Calories	335	Iron	3mg
Fat	7g	Vitamin D	50IU
Carbs	61g	Folate	85µg
Fiber	6g	Vitamin B12	1.6µg
Sugar	16g	Magnesium	117mg
Protein	9g	Zinc	2mg
Calcium	305mg	Selenium	10µg