

# **SIMPLY SPICED QUINOA PORRIDGE**

Vata ↓, Pitta ↓, Kapha ↓

**Serves 2 / Cook time: 20 minutes**

## **INGREDIENTS**

- 2.25 cups water
- 1 cup quinoa
- 30 raisins
- 1 cinnamon stick
- 1/2 cup unsweetened almond milk
- 2 teaspoons hemp seeds
- 2 teaspoons shredded coconut (omit for Kapha)
- 1 teaspoon cinnamon\*
- 1/2 teaspoon ginger powder\*
- 1/4 teaspoon cardamom powder\*
- 1 teaspoon ghee (substitute with coconut oil)
- 2 to 4 teaspoons honey
- Dash cinnamon, for garnish
- Splash almond milk

\*These spices can be replaced with 1 teaspoon of the Ayurvedic Breakfast Spices

## **DIRECTIONS**

1. Place the water in a medium sauce pan and bring it to a boil.
2. Reduce the heat to low and add in the quinoa, raisins, and cinnamon stick. Cover and cook for 12 to 15 minutes.
3. Check the quinoa at 12 minutes. If more time is needed, continue to cook until all the water has been absorbed, checking every minute.
4. Once ready, turn off the heat but leave the pan on the warm burner. Add in the almond milk, hemp seeds, coconut, cinnamon, ginger, cardamom, and ghee. Stir well and replace the cover, leaving the porridge to sit for an additional 5 minutes.
5. Serve the porridge into 2 bowls. Once it has cooled slightly, add in 1 to 2 teaspoons of honey per bowl. Sprinkle with a dash of cinnamon and an extra splash of almond milk.
6. Sit, eat, enjoy, and start your day off right.