



## TRIDOSHIC CREAM OF QUINOA PORRIDGE

**Vata ↓, Pitta ↓, Kapha ↓**

**Servings: 2**

**Soaking Time (optional): 12 to 24 hours**

**Prep Time: 5 minutes Cook Time: 10 to 15 minutes**

### INGREDIENTS

- 2 cups water
- 2 cups nut or seed milk, ideally homemade
- $\frac{2}{3}$  cup quinoa
- 4 egg whites (optional)
- 1 teaspoon cinnamon (use  $\frac{1}{2}$  teaspoon for Pitta)
- $\frac{1}{2}$  to 1 teaspoon Ayurvedic Breakfast Spices
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 teaspoon ghee or coconut oil (omit for Kapha)
- 2 to 4 teaspoons maple syrup (optional; use honey for Kapha)
- Splash nut milk
- Cinnamon, for garnish

### DIRECTIONS

#### Optional Soaking Instructions:

1. Add the uncooked quinoa to a glass jar. Cover the quinoa in water until the water is about double the height of the quinoa.
2. Let the quinoa soak overnight.
3. Strain the quinoa when you are ready to make the porridge. Discard the soaking water.

#### Quinoa Porridge Instructions:

1. Place the water and nut milk in a medium sauce pan and bring to just below a boil.

**NOTE:** If you have soaked your quinoa, you will likely not need as much liquid. I would suggest to start with  $1\frac{1}{2}$  cups each of water and nut milk. You can always add more liquid in step #4 if needed.

2. While waiting for your liquid to boil, place the quinoa into a spice grinder (or blender) and grind it into a fine powder.

**NOTE:** If you have soaked your quinoa, you will want to make sure your grinder can handle moist foods. If not, you can take the soaked quinoa and one cup of the nut milk (from the recipe, not additional) and add it to your blender. Blend on high for 30 to 45 seconds or until a creamy, paste-like texture is reached.

3. Once almost boiling, reduce the heat to the lowest setting. Slowly pour the ground quinoa into the pan in small increments while simultaneously stirring continuously. Stir in about  $\frac{1}{3}$  cup at a time, making sure to stir out any lumps as they form. If a hand blender is available, this can save you time by simply pouring in the quinoa all at once and blending out any chunks.

**NOTE:** If you used the nut milk and quinoa blender method, you can simply pour the entire quinoa paste mixture into the pan and stir well.

4. Cover the pan, leaving a small crack to avoid overflow. Cook on a low simmer for 8 minutes, stirring every 1 to 2 minutes. If the porridge becomes too thick, add in more water or nut milk by the tablespoon until a better consistency is reached.
5. While cooking, whisk 4 egg whites (if using) together in a small bowl.
6. After the 8 minutes, add in the egg whites (if using) and stir for one minute. Cover and cook one additional minute. If egg whites are not being added, then simply cook for an additional 2 minutes.
7. Once your porridge is ready, turn off the heat, but leave the pan on the warm burner. Add in the cinnamon, Breakfast Spices, vanilla, and ghee. Stir well and replace the cover, leaving it to sit for an additional 2 minutes.
8. Serve into two bowls. Add 1 to 2 teaspoons of maple syrup (if using) and a splash of nut milk to each serving. Top the porridge with a sprinkle of cinnamon.
9. Enjoy this tridoshic porridge as an energizing breakfast on a cool fall or winter morning, or enjoy it all year long (I do!)

### **Reheating Tip**

This porridge does not keep well as a leftover if you have added the egg whites. If you are cooking for one, it will be best to cut the recipe in half, or save half of the porridge in a glass tupperware after the initial 8 minute cooking has been completed, but before adding in the egg whites. You can then reheat your leftovers the following morning and stir in the egg whites straightaway. Stirring frequently, heat on low until the porridge is hot and the egg whites have been cooked thoroughly.

### **Optional Topping Additions**

- Morning Energy Mix (you can find this yummy recipe in my Ayurvedic cookbook)
- Hemp seeds
- Pumpkin seeds
- Cacao nibs
- Coconut
- Chopped walnuts, almonds, cashews (try toasted too!)
- Raisins or chopped dates