

Sweet Quinoa Porridge

Source: *"Delicious Detox"* by Carol Morley (available for sale in the clinic)

Yield: 2 servings

Rinsing the quinoa is important to avoid a raw or bitter taste. Don't be put off by the soapy bubbles that form while rinsing off the saponin coat.

- ½ cup quinoa
 - 1 cup of water
 - ½ tsp cinnamon
 - ¼ tsp sea salt
 - ½ cup unsweetened rice or almond milk
 - 1 small apple, peeled and diced
 - ½ cup fresh or frozen blueberries
 - ¼ cup slivered almonds
1. Rinse the quinoa and drain in a fine sieve.
 2. Put the quinoa, water, cinnamon, and salt in a small saucepan and place over high heat. Bring to a boil, uncovered.
 3. Reduce the heat to low, cover, and simmer for 15 minutes, until almost all the water is absorbed.
 4. Stir in the milk, apple, blueberries, and almonds and simmer, uncovered, for another 10 minutes. Let sit for 5 minutes before serving.