

Quinoa Porridge

Prep time: 20 min

Serves: 2

INGREDIENTS

1 cup of almond milk

1 cup of water

½ cup of quinoa

2 chopped apples

½ tsp of cinnamon

1 tsp of vanilla extract

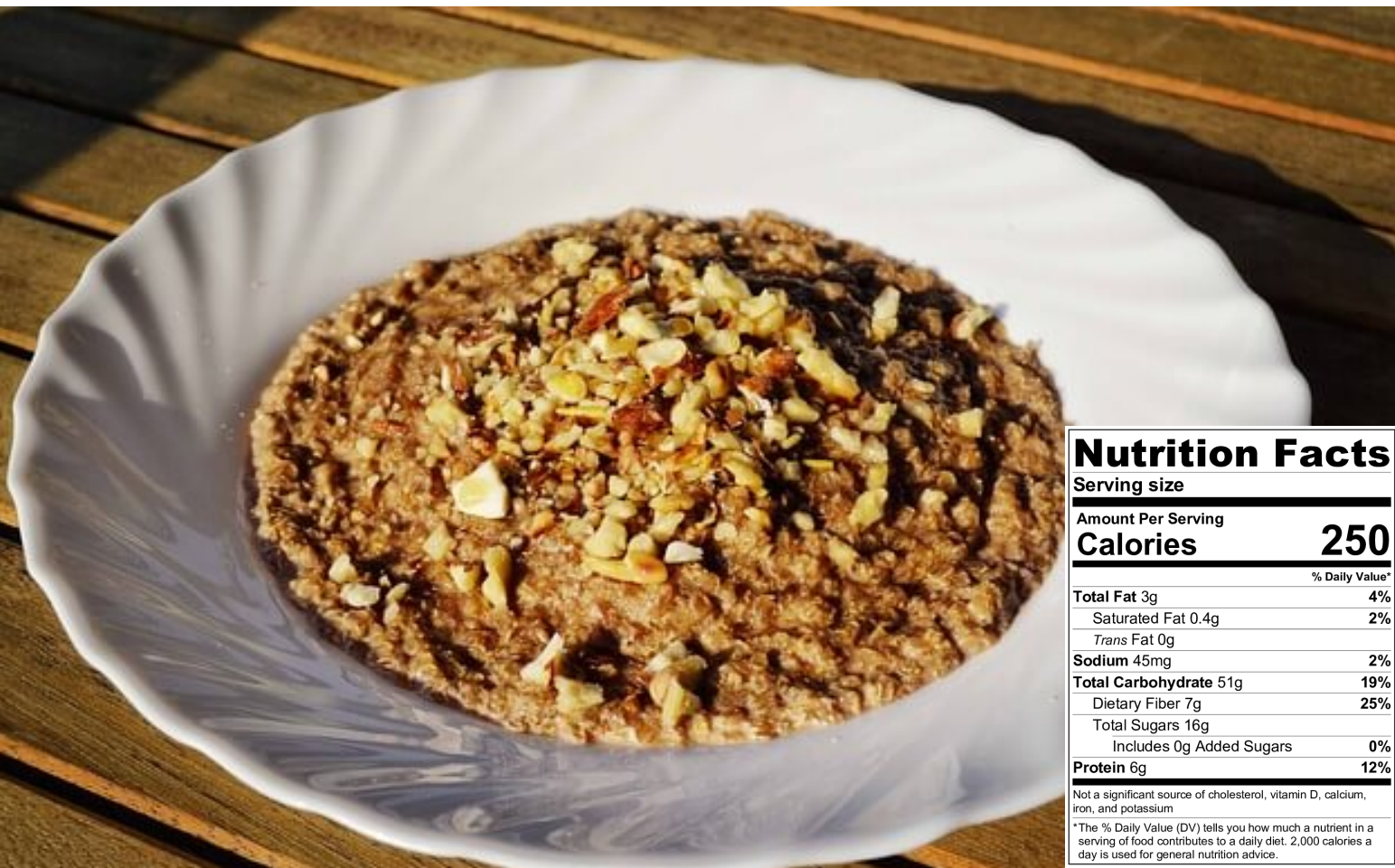
1 tbsp of flaxseed

Put the water in the pot, rinse quinoa under tap water, and add it to the pot to boil

Once it boils, reduce the heat, cover and cook for 10 mins

Add other ingredients and cook for another 5 mins

Serve in bowls



Nutrition Facts

Serving size

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Sodium 45mg **2%**

Total Carbohydrate 51g **19%**

Dietary Fiber 7g **25%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.