INSTRUCTIONS
1. In a medium saucepan, combine quinoa with 1¾ cups water, and salt. Cover, bring to a boil, then simmer gently for 15 minutes. Off heat, let quinoa stand for 5 minutes. Set ½ cup of quinoa aside. Transfer the rest to a container and refrigerate for up to 3 days for another use.
2. In a medium saucepan, combine almond milk, cider and ½ cup water, and bring to a boil. Immediately stir in oats, and add cooked quinoa, grated apple and cinnamon. Simmer gently for 15 minutes, then frequently during the final 5 minutes to minimize sticking.
3. Divide porridge among 3 bowls. Drizzle 1 teaspoon of maple syrup over each serving. Sprinkle on 1 tablespoon of the flax seed, if using. Serve immediately.

INGREDIENTS
½ cup quinoa
1¼ cups water
1/8 tsp. salt
1 ½ cups unsweetened almond milk
½ cup apple cider
½ cup water
½ cup quick cooking steel-cut oats
½ Granny Smith apple, cored, peeled, and shredded
1/4 tsp. ground cinnamon
1 Tbsp. dark maple syrup
3 Tbsp. ground flaxseed, optional

YIELD: 3 SERVINGS