



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
CancerSupportOhio.org

GIANT EAGLE
MARKET DISTRICT

AUTUMN QUINOA PORRIDGE

YEILD: 3 SERVINGS

INGREDIENTS

- ½ cup quinoa
- 1¾ 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

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 1/2 cup water, and bring to a boil. Immediately stir in oats, and add cooked quinoa, grated apple and cinnamon. Simmer gently for 15 minutes, stirring several times during the first 10 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.