

Quinoa Breakfast Porridge Recipe

1 cup cooked quinoa (1:2 Quinoa to water)
1/4 cup organic soy milk
1/2 teaspoon ginger powder
1/2 teaspoon cinnamon
drizzle of honey (or brown rice syrup)

Warm the quinoa, soy milk, and spices in a small fry pan over medium-low heat (~2 minutes)

Serve with a drizzle of honey or brown rice syrup.

Optional – Keep it light for Kapha-types or else you may choose to sprinkle on some toasted sunflower seeds, chopped dates, or shredded coconut.