



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## QUINOA BREAKFAST PORRIDGE

### INGREDIENTS:

- 1 C coconut milk (light or regular); can also use oat milk or high fat nut milk
- 1/2 C dry, rinsed quinoa
- 1 tsp cinnamon or pumpkin pie spice
- 1 tsp vanilla
- Sweetener: agave, honey, maple syrup, minced dates or date paste

### DIRECTIONS:

- Cook quinoa according to package, except substitute coconut milk for the water.
- Add rest of ingredients, and cook until creamy and soft.
- Add additional milk and/or fruit.



**GLUTEN-FREE**

