



QUINOA AND BERRY PORRIDGE

PALEO EVERY DAY BY PETE
EVANS

Ingredients

300 g quinoa *, rinsed
500 ml coconut milk (or any other milk you like)
2 teaspoons natural vanilla extract
1 teaspoon ground cinnamon
160 g macadamia nuts, roughly chopped
60 g goji berries 150 g blueberries (fresh or frozen)
2 tablespoons coconut flakes, to serve
honey, to serve (optional)
extra coconut milk, to serve (optional)



Method

Place the quinoa in a saucepan with the coconut milk and vanilla. Bring to a simmer over medium heat. Reduce the heat, cover and simmer for 20 minutes, or until the quinoa is light and fluffy.

Fluff the quinoa with a fork and allow it to cool a little before stirring through the cinnamon, macadamia nuts and goji berries.

Spoon into bowls and scatter over blueberries and coconut flakes. Add a drizzle of honey (if using) and extra coconut milk, if desired. SERVES 4

You can personalize this recipe by topping the porridge with any fresh or dried fruit, seeds or nuts just before serving. Your choices are endless, but if you need some help getting started, try banana, kiwi fruit, apple, stone fruit, chia seeds, toasted shredded coconut or young coconut flesh.