

# *Eat Your Heart Out Edibles*

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Quinoa Porridge*

*Yields 4, 1-cup servings*

### **INGREDIENTS:**

- 1 cup quinoa - rinsed
- 3 cups water/almond milk/soy milk/coconut milk/goat's milk/cow's milk
- 1 tsp. vanilla
- 1 1/2 tsp. cinnamon
- 1/4 tsp. allspice
- 1/2 cup raisins
- 2 medium apples - diced
- agave/honey to taste (I like about 1/4 cup in this recipe)
- 1/2 cup walnuts - toasted and chopped
- 4 Tablespoons sunflower seeds - shelled
- 1 cup blueberries



### **DIRECTIONS:**

1. Spray a crock pot/slow cooker with non-stick cooking spray (Pam).
2. Mix quinoa, liquid of choice, cinnamon, allspice, raisins and apples together and pour into prepared crock pot.
3. Cook on high for 2 to 2 1/2 hours, or until quinoa has absorbed all liquid and the quinoa is no longer crunchy.
4. Turn crock pot off and add vanilla and sweetener of choice; stir to combine.
5. Divide the quinoa into four bowls, put equal amounts (or not - load up one serving if ya want! LOL) of walnuts, sunflower seeds, and blueberries on top of quinoa. Enjoy!

Compliments of Eat Your Heart Out Edibles

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