

Quinoa and Fruit Porridge



This can be made the night before, stored in the fridge and eaten cold in the morning or you can put it on the hob while you get showered and dressed in the morning and enjoy it warm.

It's lovely warm with some yogurt on the top.

This amount will give you enough for 2-3 breakfasts.

- 1 cup uncooked quinoa
- 2 cups frozen fruit – I used a mixture of berries and cherries
- 1 tbsp. honey – optional
- Pinch cinnamon
- Pinch nutmeg
- Nuts and seeds for servings
- Passionfruit Topping - optional

Place all of the ingredients into a pan and pour over just enough boiling water to cover everything – the fruit will release a lot of water and you can always add a tiny bit more if you need to but this amount always seems just right for me.

Cook, partially covered (tip your pan lid slightly to let a little steam out while it's cooking) and simmer for 20-25mins.

You can serve this immediately with some passion fruit seeds sprinkled on top or allow it to cool then place it in an airtight container in the fridge. This will do you for breakfast for the next couple of days 😊 Love a timesaver!