

Quinoa porridge with pomegranate

breakfast > Quinoa porridge with pomegranate

A breakfast rich in potassium and vitamin C.



serves 3 and ready in approx. 20 minutes

Shopping LIST:

125g quinoa, 250ml boiling water, 300ml milk, 15ml maple syrup, 2 spoons honey, 100g pomegranate seeds.

Method:

- Put **125g quinoa** in a sieve and wash it well under running cold water.
- Put the **quinoa** in a saucepan, then add **250ml** boiling water and **300ml** milk.
- Bring to boil and cook quinoa on low heat for **15 minutes** or until soft. Combine with **15ml** maple syrup and **2 spoons** honey.
- Mix with **100g** pomegranate seeds. Serve with a little more honey on top.



"bon appétit"

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