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Millet or Quinoa Porridge

Millet and Quinoa make a great breakfast porridge or can be used cold as a muesli base. It is really important to soak the grains overnight to render them more digestible and improve the mineral availability. I find it easy to just remember the night before to pop some in a small saucepan for soaking and then it is ready to go at breakfast!

Serves 4

Ingredients:

- 150g hulled millet or quinoa
- water for soaking
- 2 cups water

For serving

- 2 tablespoons of roughly chopped nuts & seeds (try a combo of almond, sunflower, sesame, pumpkin, walnut)
- 1 banana
- Small handful of fresh or frozen berries (blueberries, strawberries, or raspberries)
- drizzle of maple syrup or honey to taste
- Sprinkle of cinnamon
- Milk or cream to serve

Directions:

Soak millet or quinoa in a saucepan with enough water to fully cover in. Leave to soak overnight. Drain water in the morning and add fresh water – around 2 cups. Bring to boil and reduce heat to a gentle simmer. Place lid on saucepan and cook for around 10 minutes – or until most of the water has gone. Turn off heat and leave lid on grain for another 5 mins or so – this allows it to steam and makes it light and fluffy. Serve hot with toppings as desired – or allow to cool for a bircher style muesli.

