

Quinoa Breakfast Porridge

This is definitely a comfort breakfast on a cold day. It's quick to make and super nutritious. It will keep you feeling full and satisfied for hours.

Quinoa flakes have to be cooked before eating. They are actually the seed that has been rolled. It has almost a nutty taste and is similar in texture to cream of wheat.

Flax seed must be ground to get the nutrients from this little nutrient dense power house seed.

Greek yogurt has twice the amount of protein as that of its regular form. The whey is spun out and with that it loses some of its milk sugar.

1/3 cup of quinoa flakes
2/3 cup boiling water
½ cup fresh raspberries
½ cup fresh blueberries
1/3 cup low fat Greek yogurt
1/3 cup of walnuts
½ tsp cinnamon
1 tsp ground flax seed

Pour boiling water over quinoa, flax and cinnamon and cover with a plate for 90 seconds.
Add remaining ingredients and stir.
That's all there is to this recipe. It will be ready before your morning coffee has brewed.