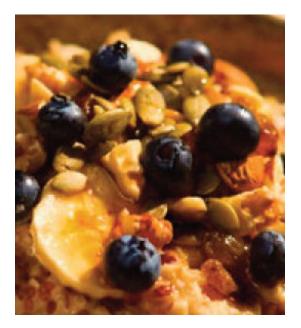
OAT AND QUINOA PORRIDGE



Yield: 4 Servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 1/2 cup dried fruit like cranberries, blueberries, chopped dates, or raisins
- ¹/₂ cup steel-cut oats (also called groats)
- ¹/₂ cup quinoa, well rinsed
- ¼ cup chopped walnuts or almonds
- ¹/₂ tsp. kosher salt
- ¹/₂ tsp. ground cinnamon
- ¼ tsp. ground cardamom
- 4 cups water

OPTIONAL TOPPINGS

Brown sugar, low fat milk, chopped walnuts, extra cinnamon, chopped apple, Greek yogurt

PREPARATION

- 1. In a medium saucepan, bring all ingredients to a boil over medium heat. Reduce heat slightly and simmer, stirring occasionally, until grains are tender, about 25 min.
- 2. Serve hot, topped with brown sugar, chopped nuts or apples, extra cinnamon, yogurt or warm milk.

Tip: Customize this recipe with any of your favorite dried fruits, nuts and spices. Or, add one chopped apple into the simmering grains about 7 min. before they are finished.

NUTRITION

Per serving: Calories: 240; Fat: 7 g (0.5 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 39 g; Protein: 7 g; Fiber: 5 g; Sodium: 310 mg.