



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 5th, 2016 Cooking Class

Featuring

Melissa Rakvica

Owner of Fit N Fresh Catering

Quinoa Porridge

With Almond Milk, Pomegranate Seeds, Toasted Pumpkin Seeds, & drizzled with Balsamic Vinegar

Servings: 6 (1/4 cup)

Ingredients:

- ½ cup steel cut oats
- ½ cup quinoa
- ¼ cup dried fruit
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 2 cups unsweetened vanilla almond milk
- 1 tsp. toasted pepitas/pumpkin seeds
- Drizzle of balsamic vinegar



Nutrition Facts	
Serving Size: 1 serving (112.9g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 4g	
Vitamin A 4%	Vitamin C 0%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions:

1. Bring 2 cups of unsweetened vanilla almond milk or water to a simmer. Add oats and quinoa and cook covered for 12-14 minutes.
2. When all the liquid is absorbed, remove from heat.
3. Stir in dried fruit, toasted pepitas, and balsamic vinegar.

Notes:



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