

Apple Spice Quinoa Porridge

Makes: 6 servings



Total Time: 30 minutes

Ingredients:

2-3 Tbsp. D'Avolio All Natural Butter Infused Oil
2 large apples, or 4 small apples, chopped
1 Tbsp. apple pie spice or other favorite spice blend
1 cup quinoa, well rinsed
½ cup apple cider
1-1 ½ cup water
Small pinch salt

Optional toppings:

½ cup dried fruit like raisins, chopped dates, or cranberries
½ cup chopped unsalted nuts like walnuts, pecans, or almonds
Plain yogurt

PREPARATION

1. **In a medium saucepan**, heat D'Avolio All Natural Butter Infused Oil over medium heat. Add chopped apples and cook, stirring occasionally, until apples begin to caramelize on the outside, about 5 minutes. Add apple pie spice and stir to evenly coat apples and cook spice for about 1 minute. Add rinsed quinoa and stir to evenly coat each grain with oil and spices.
2. **Carefully add apple cider** to the pot, stirring quinoa to break up clumps. Slowly add about 1 cup of water and a pinch of salt, bring to a boil, then reduce heat. Simmer for about 20 minutes, stirring occasionally to prevent lumps; add more water as needed to create desired thickness. Remove from heat and cover, let rest for about 5 minutes, adding more liquid if needed. Serve warm, topped with dried fruit and walnuts, yogurt or other favorite toppings (optional).

Nutrition: 295 calories; 15g fat (1g saturated fat); 40g carbohydrates; 6g protein; 5g fiber; 61mg sodium