



INGREDIENTS

- 1 cup quinoa
- 1 1/2 cups coconut milk
- 1 large egg white (whip slightly with a fork)
- 1 1/2 tablespoons maple syrup
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 2 dashes ground cloves
- 2 tablespoons chia seeds
- Unsweetened coconut flakes, nuts and/or berries for topping (optional) – I use blueberries.

DIRECTIONS

1. Soak the quinoa for about 2 hours. Quinoa contains phytic acid which may inhibit nutrient absorption. Soaking helps lower the phytic acid content and remove the saponin found in its natural coating. This is what gives quinoa its bitter taste; soaking helps remove that. Normally Quinoa is cooked at a 2:1 ratio but due to soaking first, it will require less liquid to avoid being mushy.
2. Bring milk to a full simmer in a small saucepan. Add quinoa (Now that it is soaked it will be about 1.5 cups), return to a simmer, and reduce heat to the low setting. Cover, leaving a tiny crack for steam to escape, and simmer until about two-thirds of the milk has been absorbed, about 10 minutes.
3. Remove from heat and stir in egg white, maple syrup, vanilla, and spices. Stir in chia seeds. Return pan to stove and continue to cook on low while stirring until almost all the milk has been absorbed, about 3-5 minutes. Let stand 5 minutes before removing the lid.
4. Serve with additional milk and garnish with coconut flakes, nuts and/or additional maple syrup.

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