

Berry & Almond Quinoa Porridge

Serves 2

1 cup quinoa flakes

2 ½ cups organic almond milk/ organic cow's milk

1 teaspoon ground cinnamon

1 teaspoon manuka/good quality honey

2 tablespoons almond flakes

1 cup mixed berries

2 tablespoons organic yoghurt



In a saucepan heat the almond milk and add the quinoa flakes, stir and cook on a low simmer for 5 minutes. Add more milk if required. Add the cinnamon and honey and stir through then remove from heat.

Serve into bowls and top with mixed berries, almond flakes and a dollop of organic yoghurt.