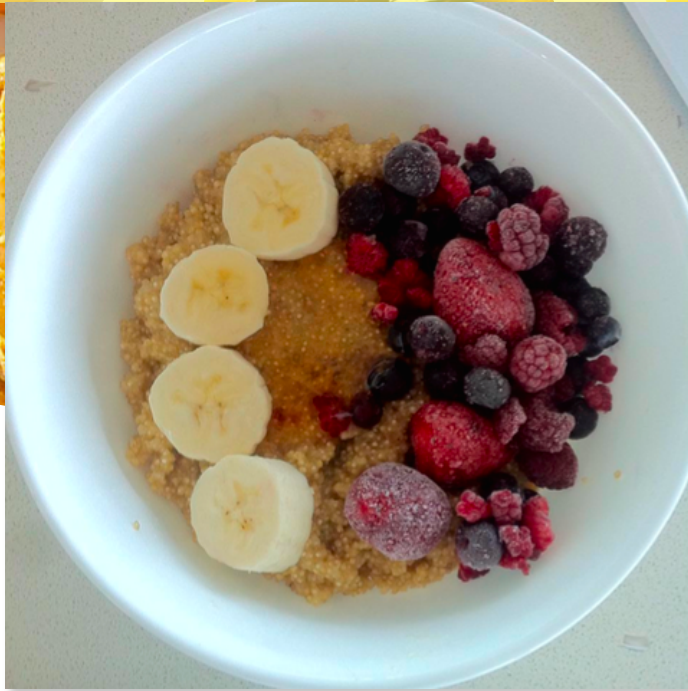


Snack: Quinoa - Savoury or Sweet

This 4 step recipe is so quick and healthy!! Anyone could master this so what are you waiting for? Grab your favourite quinoa and toppings and go insane!



INGREDIENTS

2 cups milk (or soy, rice or almond milk)
1 cup quinoa
1 tbsp. agave or honey
1/8 tsp. cinnamon
1 cup fresh blueberries or nuts

CHEF'S TOP TIP

DON'T LIKE HONEY OR BERRIES? FIND MORE SAVOURY / SWEET OPTIONS ON THE INTERNET OR JUST EXPERIMENT WITH DIFFERENT INGREDIENTS TO FIND OUT WHAT SUITS YOUR PERSONAL TASTE!

1. Bring milk to boil and then add quinoa.
2. Return to boil, then simmer for about 10 minutes. Milk will not be fully absorbed.
3. Stir in agave (or honey) and cinnamon, and simmer approximately 8 more minutes. Remove from heat.
4. Stir in blueberries or nuts, and serve with honey, salt, or butter.