

Porridge

3 cups	water	750	mL
½ tsp.	salt	2	mL
1 cup	large flake rolled oats	250	mL
½ cup	quinoa	125	mL
1/3 cup	raisins	75	mL
2 tbsp.	pure maple syrup	25	mL
¼ tsp.	ground cinnamon	1	mL
¼ cup	chopped walnuts or sliced natural almonds	50	mL
2 tbsp.	whole flaxseed	25	mL
2 tbsp.	ground flaxseed	25	mL

- In a medium saucepan, bring water to a rolling boil.
- Add salt.
- Stir in oats, quinoa, raisins, maple syrup and cinnamon. Cook until water is absorbed and porridge is thick, about 18 minutes.
- Stir in walnuts and flaxseed.
- Cover, remove from heat and let stand 2 minutes.
- Serve with warm milk.
- Drizzle with extra maple syrup if desired.

Yield: 5 servings

Serving Size: ¾ cup (175 mL)

Quinoa is an ancient grain, tiny and bead-shaped, ivory-coloured, delicately flavoured. It is found in health food stores and some grocery stores.

Single Serving Nutrient Values

Calories	261.8	kcal
Protein	8.6	g
Carbohydrates	41.8	g
Fiber	5.7	g
Fat	9.0	g
Saturated	2.0	g
Monounsaturated	2.3	g
Polyunsaturated	4.2	g
Trans Fat	0.0	g
Cholesterol	0.0	mg
Folate	23.2	mcg
Potassium	381.1	mg
Sodium	245.0	mg

*recipe made with walnuts