

## TAKE WITHOUT WASTE

### Quinoa Breakfast Bowl

Serves 1

#### Ingredients

1 tsp coconut oil or butter  
2 thin slices fresh ginger (fine to keep skin on)  
2 green cardamom pods, bashed  
 $\frac{1}{4}$  cup quinoa, rinsed  
Cinnamon stick (optional)  
 $\frac{1}{2}$  cup boiling water  
1/3 to  $\frac{1}{2}$  cup milk of choice (I use rice milk or cows)  
 $\frac{1}{4}$  cup blueberries  
1 tsp chia seeds  
2 tbsp natural/greek yoghurt  
 $\frac{1}{2}$  banana, thinly sliced  
1 tbsp shredded coconut  
 $\frac{1}{2}$  tsp maple syrup or honey (optional)

#### Method

Place a small saucepan over a low heat. Add the coconut oil/butter, ginger and cardamom pods and simmer gently for 2 minutes. Tip in the rinsed quinoa and toast, stirring constantly, for another 2 minutes.

Pour in the boiling water, 1/3 cup milk and add the cinnamon stick. Stir once and bring the mixture back to the boil. Reduce to a low heat and simmer, covered for 15 minutes or until tender. Check regularly to ensure that there is sufficient moisture. If the mixture quinoa is looking dry, add a little more milk. Once tender, turn off the heat and leave the quinoa in the pot to 'rest' for at least 5 minutes, preferably 10.

Stir through the chia seeds and blueberries. Transfer to a bowl, top with yoghurt, banana, coconut and maple syrup/honey if using.

Source: A Taste Without Waste original.  
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