



Cardamom Quinoa Porridge

Recipe Source: www.marthastewart.com

Serves 2

Ingredients:

½ cup rinsed quinoa
1 ¾ cup unsweetened almond milk, divided
½ cup water
½ tsp vanilla extract
¼ tsp ground cardamom
Dash salt
1 sliced pear, divided
4 Tbsp toasted sliced almonds, divided

Steps:

- In a saucepan, bring quinoa, ¾ cup almond milk, water, vanilla, cardamom, and salt to a boil. Reduce heat and simmer, covered, until liquid is absorbed, about 15 minutes.
- Remove from heat and let rest 5 minutes, then fluff with a fork.
- For each serving, top ½ cup quinoa with ½ cup almond milk, ½ sliced pear, and 2 Tbsp almonds.

Tips from the Test Kitchen: Instead of pear and almonds, you can also top the porridge with chopped apples, raisins, and walnuts.

Nutritional Facts (per serving): Calories: 304, Carbohydrates: 44 grams, Protein: 10 grams, Total Fat: 11 grams, Saturated Fat: 1 grams, Cholesterol: 0 mg, Sodium: 300 mg, Fiber: 8 grams, Total Sugars: 10 grams.