



# Spiced Quinoa & Chia Porridge

**Serves 2 healthy, WELL nourished people or one ravenous Momentum Maker**

## Ingredients

- 2 cups Almond or Coconut Milk
- 1 Cup Quinoa flakes
- 1 tablespoon chia seeds
- 1 dash ground cinnamon
- 2 cloves
- 1 vanilla bean
- 1 star anise
- 1 tablespoon honey
- Sliced Strawberries and Blueberries to serve

## Preperation

1. Place almond or coconut milk, cinnamon, vanilla, star anise and cloves in a small saucepan and bring to a simmer to infuse.
2. Add quinoa flakes and chia seeds for 3-5 minutes stirring consistently until liquid is absorbed.
3. Add more milk if required
4. Add honey and stir through.
5. Serve with sliced strawberries and blueberries

Allow yourself some uninterrupted, digital free, quiet time to enjoy munching mindfully.