

Quinoa Porridge with Stewed Apples

Servings: 2–3

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

For the Porridge:

- 1 cup quinoa (rinsed well)
- 2 cups water or unsweetened plant-based milk (e.g., oat, almond)
- Pinch of salt
- 1 tsp cinnamon (optional)
- 1 tsp pure vanilla extract (optional)

For the Stewed Apples:

- 2 medium apples, peeled, cored, and chopped
- 1–2 tsp maple syrup or honey (adjust to taste)
- 1/4 cup water
- 1/2 tsp cinnamon
- Pinch of nutmeg (optional)

Toppings (optional):

- Chopped nuts (almonds, walnuts)
- Seeds (chia, pumpkin, or flax)



- Fresh berries

Instructions

1. Cook the Quinoa:

- In a medium saucepan, combine the rinsed quinoa, water (or milk), and a pinch of salt.
- Bring to a boil, then reduce heat to low, cover, and simmer for 15–20 minutes, stirring occasionally, until the quinoa is tender and creamy.
- Stir in cinnamon and vanilla if using.

2. Stew the Apples:

- In a small saucepan, combine chopped apples, water, maple syrup, cinnamon, and nutmeg.
- Cook over medium heat for 8–10 minutes, stirring occasionally, until the apples are soft and slightly caramelized.
- Mash lightly with a fork if you prefer a smoother texture.

3. Assemble the Porridge:

- Divide the quinoa porridge into bowls.
- Top with stewed apples and optional nuts, seeds, or berries for extra texture and flavour.

4. Serve Warm:

- Enjoy immediately for a comforting, nourishing breakfast.



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Tips:

- For extra creaminess, stir in a spoonful of nut butter or a splash of milk before serving.
- Leftovers can be stored in the fridge for up to 3 days and gently reheated.
- This recipe is naturally gluten-free and dairy-free