



Quinoa & Chia Seed Porridge

LOW-MEDIUM IN SALICYLATES

LOW FODMAPS

GLUTEN FREE

DAIRY FREE

A pot of quinoa and chia that simmers like a rustic lullaby—warm, filling, and just fancy enough to make your usual oats jealous.

The kind of breakfast you'd eat barefoot on a wooden porch—with almond milk, maple drizzle, and zero regrets.

PREP TIME 5 MIN

COOKING TIME: AROUND 10-12 MIN

SERVES 1-2

Ingredients

PORRIDGE BASE:

- 1 cup cooked quinoa
- 1 tablespoon of chia seeds
- 1½ cups of almond milk or your preferred milk. (add some coconut cream or coconut yoghurt for a creamier texture)
- 1/4 - ½ teaspoon vanilla extract
- Maple syrup to taste or sweetener of your choice

MAKING THE PORRIDGE BASE:

- Add all the ingredients to a saucepan, stir so everything is well combined and warm on a low heat.
- Once the porridge is at the desired temperature, divide into two bowls and add toppings.
- Once cooled, you can pop the leftovers in the fridge and reheat later.

ADD MORE FLAVOUR WITH TOPPINGS:

- Berries
- Banana
- Almonds, Mixed Nuts
- Cinnamon & Brown Sugar (very high in salicylates)
- Toasted sunflower and pumpkin seeds
- Hazel Nut Spread
- Fresh Mint

SERVE in a bowl with a choice of toppings

Enjoy!