

Tea Infused Quinoa Porridge

(with chia seeds)

Ingredients - Serves 4

- 1 cup quinoa
- ½ teaspoon vanilla extract
- 400 ml tin of coconut milk
- 4 tbsp chia seeds
- 700 mls of brewed and strained tea or tisane- see Note (a)

Method:

1. Start by rinsing your quinoa in a fine mesh strainer under cold water for at least 2 minutes. See Note (b) for an additional step you can take on soaking the quinoa overnight.
2. Tip the washed and strained quinoa into a pan and add the vanilla, 100 mls of coconut milk and 700mls of brewed tea and stir to combine.

Cover the pan, bring to the boil and then reduce the heat to a simmer for 10 mins stirring occasionally throughout to ensure it does not stick.

3. Add the chia seed along with the 300 ml balance of coconut milk. Mix well to combine and cook gently for 3 mins more, stirring occasionally.

It is now ready to serve on its own or with a little sweetener added - see Note (c). Add your choice of favourite topping e.g yoghurt, berries, caramelised banana, toasted coconut flakes or nuts, muesli.

Notes:

(a) In our experience using a strongly flavoured tea is best so that it imparts its lovely flavour into the quinoa. Two of our favourites from the Stir Tea range are the caffeine free [spiced rooibos](#) or the [coconut cream black tea](#).

(b) Quinoa is high in saponins, a compound found in a number of plants which can make it hard to digest and give it a bitter flavour. Soaking overnight in lukewarm water removes this compound and it also helps to activate enzymes making it more nutritious and easily digested. We also felt it resulted in an even creamier porridge. Use a ratio of 2 cups of water to 1 cup of quinoa. Once it has finished soaking time, drain and rinse, ready for step 2 above.

(c) The recipe does not contain any added sweetener. We found using either of the Stir Tea flavours suggested offered a lovely gentle sweetness. If you enjoy it a little more sweet, then you could add a measure of maple syrup suited to your taste or add some cinnamon to the mixture.

(d) The combination of quinoa and chia seed make this a very comforting, warming and satisfying dish to start the day.

(e) The cooked mixture will keep for 2 days covered in the fridge. Reheat gently, adding a little milk or water.

