

## WARM SPICED QUINOA CEREAL



**Tags:** [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

**Prep Time:** 10 Min

**Cook Time:** 25 Min

**Serves:** 2

**Directions:**

1. For best results, soak quinoa overnight and/or sprout for optimum nutritional benefits. Here's my favorite sprouting jar!
2. Rinse quinoa well.
3. Place ghee in a saucepan and melt.
4. Add quinoa to ghee and mix well until the ghee has saturated the grains.
5. Add filtered water and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens about 15 minutes. Set aside.
6. In a small saucepan add the milk ginger, cardamom, and cinnamon and whisk the mixture and warm it over low heat.
7. Divide the quinoa among 4 serving bowls. Pour the warm milk mixture over each serving and drizzle with sweetener and condiments of your choice.

# SIMPLEVEDA

*ayurveda & yoga*

**Sweetener to taste:**

Raw honey for Kapha Types  
Maple syrup or honey for Vata/Pitta

**Optional Condiments:**

Shredded coconut flakes  
Raisins  
Sesame seeds

**\*Milk**

Vata/Pitta – use organic cow's milk from happy cows  
or almond milk.

Kapha – use rice, soy, or almond milk.

**Ingredients:**

1 cup quinoa  
1 Tbls ghee  
2 cups filtered water  
1/2 tsp ground ginger  
1/2 tsp ground cinnamon  
1/2 tsp cardamom  
2 cups almond \*milk

Quinoa is a delicious protein-rich grain that dates back to the time of the Incas. Combined here with pungent spices that will increase your agni, (digestive fire) this warming dish will be sure to satisfy and give you endurance to being your day!