



RECIPE:

Quinoa Porridge with Grilled Bananas & Pecans

This is a delicious and heart warming recipe for the colder months.

Ingredients:

- 1 cup quinoa
- 2 cups coconut water
- 2 medjool dates
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

Method:

1. Rinse quinoa well.
2. Chop medjool dates and add to quinoa with cinnamon and vanilla extract.
3. Add coconut water
4. Bring to the boil and simmer until quinoa absorbs coconut water and is tender.
5. Grill bananas on a grill pan (you can also use a normal pan)
 - Top with grilled banana, chopped pecans and coconut milk



@POWERED_BY_VEGIES

www.poweredbyvegies.com.au

I am a health and nutrition coach, fitness instructor and self taught cook.

My aim is to empower people to build positive relationships with
health promoting plant foods.