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Two-Grain Apple Porridge

Ingredients:

Quinoa, 1/2 cup
Steel-cut oats, 1/2 cup
Milk, 3/4 cup
Apple, grated or finely chopped, 1 large
Raisins, 1/3 cup
Cinnamon, 1 tsp
Ginger powder, 1/2 tsp
Nutmeg, 1/4 tsp
Pecans, sliced, 1/3 cup
Maple syrup, 4 tsp

Directions:

1. In a medium saucepan, bring the quinoa, oats, a pinch of salt, and 3 cups water to a slight simmer. Immediately turn off the heat, cover the pan, and let it sit overnight.
2. In the morning, stir in the milk, apple, raisins, cinnamon, ginger powder, and nutmeg. Heat over medium-low for 10 minutes, stirring occasionally. Serve topped with pecans and maple syrup.