

MY QUINOA (KEENWA) BREAKFAST

- Soak one coffee mug of Quinoa in filtered water (pref overnight)
- After soaking tip Quinoa into a large sieve and run hot water (sprinkler on the tap is best to spread the water over the surface of the sieve) through it to wash the Quinoa.
- Put the contents of the sieve into a saucepan and rinse the Quinoa with filtered water (straining the water off with the sieve) - do this twice.
- Add two mugs of water (filtered).
- Bring the water to the boil and turn onto simmer with a lid on the pan.
- When all the water has been absorbed (15 mins or so) add a heaped tablespoon spoon of Organic Coconut Oil (Life Foods www.lifefoods.co.nz is the best) and stir it around (this melts the oil if solid).
- In a large blender add 1,000 mls of filtered water add in a Granny Smith Apple (don't peel but remove pips) a good sprinkle of Ceres Organic Chia Seeds and a good 'shake' of Mrs Rogers organic Cinnamon (powder). Add in a scoop of 'CLEAN LEAN PROTEIN' powder (Pea Protein www.vitalhealthnz.com) an alkaline source of protein. The scoop is provided in the container. Add in a heaped dessert spoon of Life Foods Organic Cacao powder. I also add in some natural Vanilla (liquid which I buy from New World)
- Blend up the contents in the blender and then add into the Quinoa and Coconut Oil in the pan and blend again with a blending 'stick' until it's smooth.
- Pour into large bowls (I use – Noodle bowls).



I have one for breakfast and keep the others for the following days

I could get right through the day on a large bowl of Quinoa.



What it looks like after cooking and prior to blending