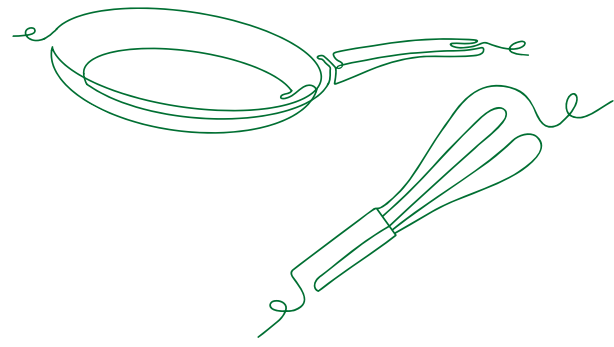


Superfood Porridge with Chia Jam



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It seems silly sometimes to share a 'recipe' for porridge, but this version is not your average bowl of oats! In fact, we are swapping oats for quinoa flakes to boost the protein content and filling the bowl with superfoods to get your day going with a powerful punch.

If you can't get hold of quinoa flakes easily, you can swap them for oats. They will take a little longer to cook and jumbo oats give a creamier texture, but I recommend soaking them in boiling water for 5-10 minutes before making.

You can make the chia jam simultaneously or beforehand. It lasts around 3-5 days in the fridge.



Serves 1

Total prep & cooking time:
Porridge ~ 5 minutes (or 15 with oats)
Chia jam ~ 15 minutes

Ingredients – Porridge

40g quinoa flakes
3 tsp mixed nuts and seeds (pictured here with cashews, sunflower seeds & hemp seeds)
1 tsp goji berries
200ml milk of choice

Toppings

2 tbsp chia jam (see below)
2 tsp nut butter

Roughly chop any larger nuts and seeds. Put all of the porridge ingredients into a small pan over a low heat. Stir the milk through and continue to stir gently while cooking. The quinoa flakes only take a few minutes to cook and the texture can thicken quickly. If you prefer a looser consistency, you can add extra milk or water.

Top with the chia jam and nut butter.

Ingredients – Chia Jam (yields 4 portions)

1 cup of frozen berries
½ cup of water
1tbsp chia seeds
Optional ~ sweeten to taste with honey or maple syrup

Place the frozen berries and water into a pan and let them simmer. Stir occasionally to ensure the bottom doesn't burn. Once the fruit is totally soft, add the chia seeds and remove from the heat. The chia will absorb the remaining liquid and form a jam-like consistency.

If the flavour is too tart, you can sweeten with a small amount of honey or maple syrup.

Recipe courtesy of Annie Clarke, yoga and wellness teacher and the author of *Mind Body Bowl: Think, Move and Eat Your Way to a More Balanced Life*

The Practice
BY ANNIE CLARKE



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