

Creamy quinoa porridge with stewed plums

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Quinoa is gluten free, high in protein and fibre, and is low GI, meaning it is slowly digested for longer-lasting energy. Lucuma gives the porridge a natural sweet kick, with cinnamon and nutmeg for a touch of spice. Put it all together and you'll be powering on for hours.

Ingredients

- 4 plums, cut in half, stones removed
- 2 tbsp rice malt syrup
- 1 tbsp granulated coconut sugar
- ½ cup water

Porridge

- 400 g (2 cups) cooked quinoa*
- 375 ml (1½ cups) rice milk
- 250 ml (1 cup) coconut cream
- 2 tbsp maple syrup, plus extra, to serve
- 1 tsp lucuma powder
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg

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- ⅛ tsp Himalayan salt
- 2 tbsp sunflower seeds
- 2 tbsp chia seeds
- 1 tbsp sultanas (golden raisins)

Method

To stew the plums, place the ingredients in a saucepan with 125 millilitres (½ cup) water. Bring to the boil, then reduce the heat and simmer for 5 to 8 minutes, or until the plums have softened slightly. Remove the plums and set aside. Continue simmering the syrup until it has reduced to a thick, sticky liquid; this can take up to 10 minutes.

Remove the syrup from the heat and allow to cool. As it cools down, the syrup will thicken even further. Meanwhile, make the porridge.

Bring the quinoa and rice milk to the boil in a separate saucepan. Add the remaining porridge ingredients, stirring well. Bring to a simmer and cook for 3 to 5 minutes, stirring occasionally.

When your porridge has reached a thick, creamy consistency, remove from the heat and ladle into four serving bowls.

Serve warm, with the stewed plums and their syrup, and an extra drizzle of maple syrup.

*If you don't have any leftover cooked quinoa, you'll need to cook about 150 grams (¾ cup) of quinoa for this recipe. Place it in a small saucepan with 310 ml (1¼ cups) water and bring to the boil. Reduce the heat, then cover and simmer for 10 minutes, or until tender. Cooked quinoa will keep in an airtight container in the fridge for 2 to 3 days.

This recipe is from Taline Gabrielian's new book [Hippie Lane, The Cookbook](#) published by Murdoch Books and available at all good bookstores. \$39.99.

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