

Spiced breakfast quinoa (gluten free)

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Quinoa is often turned into a creamy, hot breakfast cereal in Bolivia, where much of the world's quinoa is grown.

This healthy breakfast [quinoa](#) recipe is a hot cereal that is infused with an aromatic chai-inspired blend of spices – cinnamon, nutmeg and ginger.

Ingredients (serves 2)

- ½ cup quinoa
- 1 cup low-fat milk
- 1 cup water
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- Pinch of salt
- 2 tbsp honey
- 1 vanilla pod (scrape out seeds and use)
- 1 large egg white
- 2 tbsp saltanas

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METHOD

Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium to high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, two to four minutes. Stir in milk, water, cinnamon, nutmeg, ginger and salt. Bring to a boil. Reduce heat to maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in honey and vanilla.

Whisk egg white in a small bowl with one tablespoon of the hot cereal. Repeat with five more tablespoons until the egg white is completely incorporated. Stir in sultanas. Return the cereal to the saucepan and cook, stirring, over medium to low heat until thickened slightly, one to two minutes.

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