



# *Pumpkin quinoa porridge with maple syrup, pistachios, and coconut*

YIELD: 2 TO 4 PORTIONS

## INGREDIENTS

Water 1 cup  
Oatmilk, divided 1 1/2 cups, plus more as needed  
Quinoa, rinsed and drained 1 cup  
Pumpkin purée 1/2 cup  
Cinnamon, ground 1 tsp.  
Ginger, ground 1 tsp.  
Cloves, ground 1/8 tsp.  
Salt 1/8 tsp.  
Flaxseeds, ground 2 tbsp.  
Maple syrup, 2-3 tbsp., plus more as desired  
Pistachios, chopped 1/4 cup  
Coconut, chopped, toasted (optional) 2 tbsp.

## DIRECTIONS

1. In a pot, add 1 cup of water and 1 cup of oatmilk. Bring to a boil.
2. Add the quinoa, pumpkin purée, cinnamon, ginger, cloves, and salt. Turn down the heat to a simmer and cook for 10 to 12 minutes or until the liquid has evaporated.
3. Once the liquid has evaporated, remove from heat, and stir in the ground flaxseeds.
4. Place some of the porridge in a bowl, drizzle maple syrup to taste, and top with nuts and coconut.