

CHERRY BEETROOT QUINOA PORRIDGE

65g quinoa
30g dried cherries
5g chia seeds
5g beetroot concentrate
250ml apple juice
100ml water

Simmer gently in a saucepan for 16-18 min over a low heat.

Then serve with high protein blueberry yoghurt + fresh berries/pomegranate & obligatory nuts & seeds.

Works well served cold or warm & good for snacking

This is one good portion.