Manuka Honey, Oat and Quinoa Porridge

EASY • 15 MINS

Rich with nourishing ingredients including creamy oats, coconut milk, chia seeds, protein-rich quinoa and Raw and Unpasteurized Manuka honey, this bowl of goodness is a filling start to the day that will warm everyone to their toes.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	15 mins	2

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Ingredients

Porridge

- 600ml coconut milk, halved
- 1 tsp ground cinnamon
- 1/4 cup quinoa (we used red quinoa)
- 1/3 cup rolled oats
- 1 tbsp ground LSA
- 1 tsp coconut oil
- 2 tsp vanilla extract
- 2 tbsp Capilano Authentic Manuka Honey
- ¼ tsp sea salt flakes

Raspberry Chia Jam

- 2 cups fresh or frozen raspberries
- 2 tbsp chia seeds
- 1 tbsp lemon juice
- 1 tbsp Capilano Authentic Manuka Honey

To Serve

- 2 tbsp raspberry chia jam
- 1 tbsp pepitas
- 1 tsp ground cinnamon
- ¼ cup pomegranate seeds
- 2 tbsp coconut flakes
- 2 tbsp cacao nibs

Method

1. To make the raspberry chia jam, heat raspberries in a small saucepan over medium-high heat and cook, stirring and pressing on the berries, until the fruit has broken down and started to simmer. Add the chia seeds, lemon juice and honey and stir to combine. Remove from heat and set aside to cool (the jam will thicken a lot as it cools).

2. To make the porridge, combine coconut milk, vanilla extract and cinnamon in a medium saucepan and bring to a simmer. Add the quinoa, rolled oats, coconut oil and sea salt and stir well to combine. Bring to the boil then reduce heat to a simmer and cook for 12 minutes stirring regularly until the oats are tender (add a little more coconut milk if necessary).

3. Remove from heat and leave to stand for 5 minutes. Add Manuka honey and mix to combine. To serve, pour porridge into two bowls and top with raspberry chia jam, pepitas, cinnamon, pomegranate seeds and cacao nibs.

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to

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our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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