

# Breakfast Quinoa Porridge with Almond Butter & Sliced Pear

## Ingredients

- 1 cup (170 g) white quinoa, rinsed thoroughly
- 2 cups (480 ml) unsweetened almond milk
- ½ cup (120 ml) water
- 1 tbsp (15 g) almond butter
- 1 medium pear (about 180 g), thinly sliced
- ½ tsp (2 g) ground cinnamon
- 1 tbsp (15 ml) pure maple syrup (*optional*)
- Pinch sea salt

## Step-by-Step Instructions

1. Rinse quinoa in a fine-mesh sieve under cold running water for 30–60 seconds to remove bitter saponins.
2. In a medium saucepan, combine almond milk, water, and sea salt. Bring to a gentle boil over medium heat.
3. Stir in quinoa, reduce heat to low, and cover with a lid. Simmer for 15–18 minutes, stirring occasionally.

4. Once quinoa is tender and most liquid absorbed, stir in almond butter and cinnamon. Cook 2 minutes more until creamy.
5. Serve in bowls topped with sliced pear and a drizzle of maple syrup if desired.

### Why This Helps Blood Sugar

Quinoa is a complete protein with a low glycemic index (~53), slowing carbohydrate absorption. Almond butter adds healthy monounsaturated fats, which help stabilize post-meal glucose. Pears provide soluble fiber (pectin) to improve insulin sensitivity.