

# Crock Pot Apple & Quinoa Porridge

*As served by Sarah at a High Aspirations event*

## INGREDIENTS

1 ½ C dry quinoa

½ C steel cut oats

3 C water

3 C unsweetened almond milk (or milk of choice)

2 apples, diced

¼ C coconut sugar (or sweetener of choice)

1 Tbsp cinnamon

1 Tbsp ground ginger

## METHOD

This porridge is best made the night before serving. Place all ingredients in crock pot and stir well. Set on low and leave overnight (6-8 hours).

Stir well before serving.

To serve, add more milk, yoghurt, chopped nuts, coconut flakes or whatever you enjoy.

Serves 8 but will keep in the fridge and can be reheated to serve again.