

# EASY & HEALTHY PORRIDGE PARFAIT

## INGREDIENTS

- 1/2 cup cooked quinoa or brown rice
  - 1/8 tsp cinnamon
  - 1/2 cup plain yogurt
- Drizzle of honey or maple syrup
- 1/2 cup chopped strawberries or bananas or a mix of both
  - 1 TBSP chopped nuts

**PREP 5 MIN - NO COOKING**



## PREPARATION

Fill bottom of bowl with leftover quinoa or brown rice (cooked).

Sprinkle with cinnamon.

Add layer of yogurt and drizzle with honey or maple syrup.

Add berries/banana.

Sprinkle with nuts and add another drizzle of honey or maple syrup. Done!

Unless you have specific recommendations from a Health Care professional, I suggest that you use plain whole yogurt rather than low-fat yogurt. It is more filling, more nutritious, and less processed.

**My recipes are personal suggestions put together for your convenience and tasting pleasure.**

**Please don't assume that every recipe works for everybody, and make sure you won't be subject to adverse reactions. Bon appétit !**