

**CURRIED QUINOA**

**Ingredients:**

* 1 cup of quinoa, rinsed and soaked with 1T apple cider vinegar for at least 2 hours then drained
* 2 cups purified water
* 2 tsp. curry powder
* 1 tsp. each sea salt and turmeric
* 8 turns of black pepper on a pepper mill
* 1/4 tsp. each cayenne pepper flakes, cumin and coriander
* 1/8 tsp. each cinnamon and ground cloves
* 2-3 tsp. raw honey to balance flavours

**Method:**

1. **​**After soaking and draining quinoa put back in the soaking pot and add 2 cups of purified water.
2. Add all spices and herbs to the water but not the honey.
3. Heat the saucepan on 7.  When the water is warm but not yet boiling, stir in honey.  This mixes the ingredients and heats the honey so it slips off the spoon easily.
4. Bring to a boil, cover and reduce heat for 20 minutes.
5. Check the quinoa after 20 minutes if you can't see any water bubbling up, take it off the burner and take the lid off for steam to escape. If you can still see water, put the lid back on and cook for another 4 minutes.
6. Let cool completely and store in a glass container in the fridge.  It's great cold in salads.  If you are vegan or vegetarian add it to everything to boost your protein intake.