

QUINOA PEANUT BUTTER PORRIDGE WITH POACHED CARDAMOM PEARS, HAZELNUTS AND DRIED CRANBERRIES



By Food lovers recipes

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HAZELNUTS AND DRIED CRANBERRIES

200 g of Duchesse d'Angouleme Pear

1 teaspoon cardamom

100 g quinoa flakes

1 tablespoon powdered peanut butter

1/2 teaspoon Maldon sea salt

1 tablespoon royal jelly in honey

50 g of whole hazelnuts, panfried in cooking spray

40 g of dried cranberries

Add 1.5 cups of water to the quinoa flakes and bring to a boil. Once boiling, immediately reduce heat to low. Add royal jelly honey, dehydrated peanut butter powder and salt. Stir through. In separate small pot, boil pears for 1.5 minutes, add cardamom. Add this to porridge mix. In small pan, brown whole hazelnuts. Dish porridge into two porridge bowls. Top with hazelnuts and dried cranberries.

Recipe and photo: Annie Goussard Newton