



Nourish Recipe

Cardamom Ginger Quinoa Bowl

Servings: 4

Prep: 5 minutes

Cook: 15 minutes

Ready: 20 minutes

Ingredients

1 cup dry quinoa

2 cup water

½ tsp ground ginger

½ tsp ground cardamom

⅛ tsp kosher salt

1 ½ cups plain Greek yogurt

2 tsp honey, optional

1 cup blueberries, blackberries,
raspberries or strawberries

½ cup unsalted, raw almonds,
chopped



Adding spices to your meals



Herbs and spices are a great way to enhance flavor, color, and aroma

Basil – Slightly peppery, hint of sweetness, traces of mint & clove



Cardamom – Warm, aromatic spice. Often used with cinnamon and ginger



Curry – A blend of spices including turmeric, coriander, cumin and red pepper

What you'll need



measuring
spoons



measuring
cups



medium
saucepan
& lid

Cardamom Ginger Quinoa Bowl

Instructions

1. Heat a sauce pan on medium/low heat, once the pan is hot to the touch, add the ground ginger ($\frac{1}{2}$ tsp) and cardamom ($\frac{1}{2}$ tsp), stirring. Once spices become aromatic, about 30 seconds, add quinoa (1 cup), continue stirring another 30 seconds.
2. Add water (2 cups) and salt ($\frac{1}{4}$ tsp). Bring to a boil, reduce heat to low and cover.
3. Cook for 15 minutes and set aside. Option: This can be made ahead and chilled.
4. To serve, evenly distribute quinoa into 4 bowls/containers. Top with yogurt (1 $\frac{1}{2}$ cups), honey (2 tsp), berries (1 cup) and almonds ($\frac{1}{2}$ cup)

Nutrition Facts

Servings 4

Amount Per Serving

Calories **317**

% Daily Value

Total Fat 10.4g **13%**

Saturated Fat 1.9g **9%**

Cholesterol 6mg **2%**

Sodium 108mg **5%**

Total Carbohydrate 39.9g **14%**

Dietary Fiber 6.5g **23%**

Sugars 8.5g

Protein 17.7g

Vitamin D 0mcg **0%**

Calcium 161mg **12%**

Iron 3mg **15%**

Potassium 499mg **11%**



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