

Cardamom Ginger Quinoa Bowl

Servings: 4

Prep: 5 minutes Cook: 15 minutes Ready: 20 minutes

Ingredients

1 cup dry quinoa

2 cup water

1/2 tsp ground ginger

1/2 tsp ground cardamom

1/8 tsp kosher salt

1 ½ cups plain Greek yogurt

2 tsp honey, optional

1 cup blueberries, blackberries, raspberries or strawberries

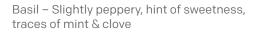
½ cup unsalted, raw almonds, chopped



Adding spices to your meals



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





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



measuring





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Instructions

- 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 (1/8 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. (½ cup)



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Nutrition Facts

Servings 4

Amount Per Serving

Calories	317
% Dai	ily 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 Omcg	0%
Calcium 161mg	12%
Iron 3mg	15%
Potassium 499mg	11%