

Low FODMAP Quinoa Porridge with Banana and Yoghurt

Serves: 1

Prep: 5 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Water	125 g	4.4 oz
Lactose-free milk (low-fat alternative if tolerating lactose)	250 g	8.8 oz
Quinoa flakes	50 g	1.7 oz
½ ripe banana (or 1 unripe, slightly green banana)	35 g	1.2 oz
Lactose-free yoghurt (if tolerating dairy opt for a plain low-fat Greek yoghurt)	50 g	1.8 oz
1 tsp maple syrup	6 g	0.2 oz
Sprinkle of cinnamon (optional)		

Method

1. In a small saucepan, bring the water and half of the milk to the boil on the stove, then add your quinoa flakes, Turn the heat down to low and allow to simmer for approximately 5 minutes.
2. Meanwhile, slice banana and set aside.
3. When the quinoa reaches a thickened consistency pour into a bowl and top off with the remaining milk. Add the yoghurt and banana with a drizzle of maple syrup. Sprinkle some cinnamon over the quinoa porridge for extra flavour.

Nutrition Information (per serve)	
Energy	1968 Kj / 470 cal
Protein	19.30g
Carbohydrates	76.40g
Sugar	37.80g
Total Fat	8.90g
Saturated Fat	4.20g
Fibre	6.70g