

Potage with Berries

Ingredients

1 cup steel-cut oats (mine were just regular, gluten-free oats)

1 cup quinoa – Ari prefers red quinoa for the color, I used black

4 cups water

1 tablespoon untoasted sesame seeds

1 tablespoon raw, shelled hemp seeds – I used hemp seed hearts

Pinch of salt

Use a heavy-bottomed pot. Throw all the ingredients in and bring to a boil – lid off. After it comes to a boil, reduce heat to simmer, and simmer for 20 minutes. If the water is gone during initial cooking, add a bit more.

Test the grains after 20 minutes – they should be pleasantly chewy. Reduce to the lowest setting to cook off any remaining water.

Do not over stir BUT do not let the bottom of the pot stick and burn. I stirred once every 5 minutes throughout the entire process.

Turn off the heat and let cool before storing in the refrigerator.

For breakfast: I used a small scoop of “potage” with added strawberries, blueberries, and a dollop of vanilla Greek yogurt. Terrifically tasty and filling.

As a savory side dish to dinner, Ari enjoys it dressed in soy sauce, toasted sesame oil, and green onions.