



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Perfect Quinoa

Ingredients

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| 1 Cup Quinoa | ¼ Teaspoon Salt |
| 1 ½ Cups Filtered Water | 1 Tablespoon Extra Virgin Olive Oil |
| 2 Capsules <i>S. boulardii</i> (or 1 tablespoon of the homemade variety) | |

Rinse the quinoa in a fine mesh colander under running cold water for at least 30 seconds, until all the foam rinses off. Place in a pan with warm water and add *S. boulardii*. Cover and leave overnight. The *S. boulardii* will neutralize anti-nutrients in the quinoa and turn it into a superfood.

Twenty-four hours later, bring the quinoa and soaking liquid to a boil over medium-high heat, then lower to a simmer. Cook uncovered about 10 minutes until the quinoa has absorbed all the water. Remove from heat and cover pot, allowing the quinoa to steam for 5 minutes. Fluff the quinoa with a fork. Add salt to taste. Serve with a drizzle of olive oil. The quinoa will last 4 days in the refrigerator and can be frozen as well.

Makes 4 servings, ~¾ cup each.

Angela Burge
MEDICINE WOMAN

Food Energy Plant

aburge@angelaburge.com

www.angelaburge.com

209-404-5130