

Bloomed Quinoa

Many of us love grains – oatmeal in the morning, rice with Mexican or Asian foods, and that ever-present wheat found in our favorite breads and pastries. In the raw food world certain grains are still a part of our cuisine, but we treat them differently, using culinary legerdemain to keep them as healthy and close to their natural state as possible. A raw version of oatmeal is one of my family's favorites in the morning. Bloomed wild rice, zucchini, cauliflower, or cabbage rice can be used in Mexican or Asian dishes. And with a little magic in the kitchen, some breads, scones, or muffins can be made with what we are calling ***bloomed quinoa***. Ok, so it's not totally raw as its temperature is raised to 145° for the blooming process, but it's closer to a raw version than the boiled counterpart, and it's full of protein. My body loves it, and that's always my gauge.

Yield: approximately 7 cups

Ingredients

1½ cups quinoa

6 cups water

Directions:

Place quinoa and water in a sealable half gallon or full gallon glass jar. Seal securely and place in the dehydrator on 145° for 24-48 hours until quinoa reaches desired softness.

Once done, drain quinoa through a ***More than a Nut Milk Bag***. Rinse and drain quinoa thoroughly until water runs clear – about 4-6 rinse cycles.

Stored in an air tight glass jar, bloomed quinoa will keep in the refrigerator for up to two weeks ***if rinsed and drained thoroughly***. It's wonderful to have around for toppings on salads, inside tacos, a sweet tapioca type dessert by adding some raisins and sweetener or make some into muffins, breads or scones.