

## Winter Quinoa Recipe



We need to move away from white and brown rice not only because of their HIGH arsenic levels, but also because they DUMP insulin into your bloodstream, which causes a massive inflammatory cascade in your body (this goes for ALL grains)!

That is why Quinoa is a great swap – because it is NOT a grain, but rather a seed.

Today's recipe has so many energizing foods in one tasty package. Did you know that broccoli and Swiss chard supply you with energizing magnesium and chickpeas and

walnuts give you a dose of vitamin B12, which is essential for energy?

On Thursday, I'm going to share my 10 favorite ways to boost your energy – something we all need at this dark, cold time of year – so watch for that if you want even more energizing ideas.

In the meantime, try this yummy quinoa bowl for an extra pep in your step that also serves up plenty of plant-based protein. My favorite thing to do with quinoa bowls is make a big batch and eat leftovers for lunch the rest of the week.

So give it a try and let me know what you think over on [Facebook](#).

## WINTER QUINOA

### Ingredients [Serves 4]

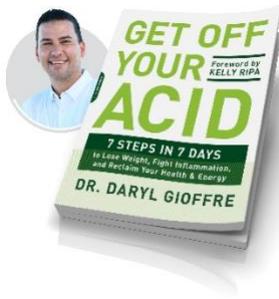
- 2 cups quinoa
- 4 cups vegetable broth (yeast free)
- 4 cloves garlic, minced
- 2 shallots, chopped
- 1/2 bunch Swiss chard, cut into ribbons
- 1 15oz can garbanzo beans (Eden Organics is a great brand)
- 1 medium head of broccoli, grated
- 1 medium head of cauliflower, grated
- 1 carrot, grated
- Large bunch of parsley, chopped
- 1/2 cup walnuts, chopped
- 1/4 cup extra virgin olive oil
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and pepper to taste



## Directions

In a pot, combine quinoa, vegetable broth, garlic, and shallots. Cook on medium heat for 15–20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

Serve and enjoy!



Are you looking for more delicious recipes just like this one? Pick up my new book **GET OFF YOUR ACID**, which has 65 **ALKALIZING** and **ENERGIZING** recipes that taste so good, you'll feel like you're cheating!

Additionally, you will read about my **Top 7 Ways to GET OFF YOUR ACID**, to ensure that you age healthy, by decreasing the inflammation in your body, in a convenient and doable way!