

## **Spiced Pumpkin Porridge**

Servings: 4

### **Ingredients**

3 cups milk

1/2 cup barley

1/2 cup bulgur

1/2 cup old-fashioned rolled oats

1/4 teaspoon salt

1/2 can pumpkin purée

1 tablespoon cinnamon

1 teaspoon allspice

1/2 teaspoon ginger powder

1/4 teaspoon ground clove

Pure maple syrup to taste (optional)

### **Directions**

Place the milk, barley, bulgur, and oats in a medium-sized pot and bring to a low boil.

Continue boiling for approximately 10 minutes, or until the bulgur has sufficiently softened.

Add the canned pumpkin puree and spices and mix.

If you want a bit of sweetness, you can add some maple syrup to taste.

**Roasted Pumpkin and Quinoa Salad (note: this salad is from Australia, where the terms butternut squash and pumpkin can be interchangeable. Try mixing both butternut squash and pumpkin for a unique taste!)**

500g butternut pumpkin squash (~ 2 1/4c), peeled and cut into cubes

1 tbsp extra virgin olive oil

2 tsp Moroccan seasoning\*

3/4 cup quinoa, rinsed, drained

2 tbsp lemon juice

2 teaspoons finely grated lemon rind

1/2 cup fresh coriander leaves

Salt, to season

**\*Moroccan Seasoning Mix**

5 teaspoons ground nutmeg

5 teaspoons ground cumin

5 teaspoons ground coriander

2 1/2 teaspoons allspice

2 1/2 teaspoons ground ginger

1 1/4 teaspoons cayenne pepper

1 1/4 teaspoons cinnamon

Mix all. Store in airtight container.