

# Flamingo Porridge

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/barley-porridge-recipe-indian>

## Ingredients:

- 1 cup steel-cut oats cooked
- 1/2 cup barley
- 1/4 cup quinoa
- 3 tablespoons brown sugar
- 3/4 cup heavy cream to finish
- 1/4 cup granola can buy pre-made FOR GARNISH, optional
- 2 tablespoons chia seeds toasted, toasted in oven for 2-3 minutes at 350° FOR GARNISH, optional

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 75 milligrams
4. Fat: 28 grams
5. Fiber: 10 grams
6. Protein: 14 grams
7. SaturatedFat: 14 grams
8. Sodium: 30 milligrams
9. Sugar: 8 grams

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