



Quinoa and apple pudding



Chef Dolli Irigoyen (Argentina)

Serves: 8-10

Ingredients:

- ½ cup quinoa
- 1 cup sugar
- ½ cup cream cheese (ideally low fat)
- ¾ cup milk (ideally skimmed)
- 1 tsp cinnamon
- 1 tsp lemon zest
- 4 eggs

For the cooked apples

- 2 green apples or pears, diced
- 2 tbsp sugar

For the caramelized sugar

- 1 extra cup sugar (approximately)

Preparation:

- Wash and cook the quinoa.
- Cook the apples with the two tablespoons of sugar and 3 tablespoons of water in a covered pan for 15 minutes or until apples are tender.
- Beat the eggs with sugar in a bowl. Stir in the cream cheese, milk, cinnamon, lemon zest and cup of sugar.
- Add the quinoa to the preparation.
- Make a caramel with the extra sugar, caramelize a baking pan and pour in the mixture.
- Cover with aluminium foil to prevent a crust forming.
- Cook in bain-marie in an oven at 170 ° C for 50 minutes.
- Let stand for a few hours to release the caramel.
- Leave in the refrigerator one night before removing from pan.
- Serve with caramel sauce or whipped cream. You can also serve with plain yogurt.