



Quinoa dessert with fruit



Source: Community of Laguna San Martín (Ecuador)

Ingredients:

½ cup quinoa
2 cups milk
½ cup sugar
Juice from 2 lemons
Chopped fruit

Preparation:

- Cook the quinoa and let cool.
- Add the milk, sugar, and lemon juice. Stir with a wooden spoon until the mixture is creamy.
- Add chopped fruit such as banana, orange, papaya and pineapple, or grated apple and sprinkle with ground cinnamon.



Tip:

You can add raisins or chopped nuts. The milk can be replaced with yogurt.