



Quinoa tawa tawa



Source: FAUTAPO Foundation (Bolivia)

Ingredients:

2 cups wheat flour
¾ cup quinoa flour
6 tbsp sugar
2 tbsp butter without salt
2 tsp baking powder
2 eggs
Milk, as needed for the dough
Oil
Cane sugar syrup

Preparation:

- In a bowl put the flour, the sugar and the butter, and mix. Then add the eggs, the milk and the baking powder, and mix into a smooth dough.
- Roll out the dough to a ½ cm thickness. Cut into triangles and fry in hot oil. Top with cane sugar syrup if you wish.



Tip:

Remember to limit your intake of sugar, fats and salt. Opt for whole grain products.