Quinoa Pudding

Serves approximately 20 children.

Ingredients

- 750 ml (3 cups) water or apple juice (or a combination of both)
- 500 ml (2 cups) diced apples
- 500 ml (2 cups) quinoa (approximately 150 ml (6 cups) cooked)
- 750 ml (3 cups) 2% milk
- 60 ml (1/4 cup) white sugar
- Dash of salt
- 5 ml (1 tsp) vanilla
- 15 ml (1 tbsp) butter or soft margarine

Instructions

1. Rinse quinoa well, under cold water.
2. Bring water (or apple juice), apples and quinoa to a boil. Reduce heat and cover. Simmer for about 15 minutes.
3. Whisk milk, sugar, salt and vanilla together.
4. Pour milk mixture over cooked quinoa and cook for 5-10 minutes over low heat, until thickened.
5. Remove and stir in butter.
6. Keep in slow cooker on low or serve immediately.

TIPS:

- Try topping this pudding with frozen, thawed berries or other chopped or dried fruit for a delicious breakfast or snack
- You could try substituting the quinoa for brown rice to make a rice pudding.