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Amaranth or Quinoa Pudding

This quick and wholesome dessert is also elegant and tasty. It tastes surprisingly light compared to rice pudding despite the fact that quinoa is much higher in protein than rice.

- 2 cups amaranth or quinoa, cooked
- 1 cup apple juice
- 1/2 cup raisins
- 1/2 cup almonds, chopped fine
- 1 1/2 tsp vanilla
- juice of 1/2 lemon
- grated rind of one lemon
- dash of cinnamon

Combine ingredients in a large sauce pan, cover and bring to a boil. Reduce heat and simmer for 15 minutes. Pour pudding into individual dessert bowls. Top with a few grapes or strawberries and chill. Serves 4