



Niagara County Office for the Aging
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Eat Well...Stay Well Dining Program
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*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Quinoa Pudding

A high fiber pudding option with no milk – great for the lactose intolerant person or those who cannot tolerate milk.

Ingredients:

1 cup quinoa 2 T. Lemon Juice
2 cups water 1 teaspoon cinnamon
2 cups apple juice salt to taste
1 cup raisins 2 teaspoons vanilla extract

Directions:

1. Place quinoa in a sieve and rinse thoroughly. Allow to drain. Place quinoa in a saucepan with water. Bring to a boil over high heat. Cover pan with a lid, lower heat, and allow to simmer, until all water is absorbed and quinoa is tender, about 15 minutes.
2. Mix in apple juice, raisins, lemon juice, cinnamon and salt. Cover and allow to simmer 15 minutes longer. Stir in vanilla extract. Serve warm.

Recipe from: Allrecipes.com