

Quinoa Pudding

This is a quintessential comfort food dessert with a twist. There is something about this pudding that invokes childhood memories. The twist is using quinoa instead of rice.

Quinoa is an ancient grain actually a seed from the Andes. It is a complete protein. 100 grams of cooked quinoa has 5 grams of protein. It is also very high in fiber. Both protein and fiber are very important nutrient considerations in a gluten free diet.

Agave syrup is 1.4 times sweeter than sugar which means when calling for a cup of sugar you only require a ¼ cup of Agave. It has the same calories as sugar but lower on the Glycemic index scale which is a concern to diabetics.

Ingredients

- 1 cup cooked quinoa
- 2 cups full fat cream divided
- Pinch of salt
- 1 egg, beaten
- 1 cup chopped dates
- 1 tsp cinnamon
- ¼ tsp nutmeg
- Zest and juice of 1 orange
- 1 tablespoon butter
- 1 tsp pure vanilla extract
- 1 tsp per serving of Agave syrup (optional)

Directions

In a medium saucepan, bring water to a boil. Add quinoa and stir. Reduce heat, cover and simmer for 12 minutes.

In another saucepan, combine the cooked quinoa seeds, dates 1 1/2 cups cream, spices, orange juice, zest and salt. Cook over medium heat until thick and creamy about 8 minutes. Stir in remaining 1/2 cup cream and beaten egg. Cook 2 minutes more, stirring constantly. Remove from heat, and stir in butter and vanilla. Serve warm. Drizzle Agave syrup if you would like it sweeter.