



Quinoa fritters (buñuelos)



Source: Foundation for Promotion and Research of Andean Products, PROINPA (Bolivia)

Ingredients:

2 cups quinoa flour
3 cups white flour
1 cup milk
2 eggs
3 tbsp sugar
1 tsp salt
1 tsp cinnamon
5 tsp yeast
1 litre oil (for frying)

Preparation:

- In a bowl mix the quinoa flour, white flour, eggs, sugar, salt and cinnamon.
- Add the milk and knead into a smooth dough.
- Dissolve the yeast in lukewarm water and mix into the dough. Let sit for 25 minutes.
- Wet your hands in cold water, pinch off pieces of the dough to shape into fritters.
- Place the fritters in a pan with hot oil and fry both sides.
- When cooked, serve with honey.