



Quinoa with milk



Source: Patricio Víctor Bermúdez, recipes from Lluta Valley (Chile)

Ingredients:

½ cup quinoa, ground and toasted

1½ cup milk

Brown sugar

Preparation:

- Boil the milk and add the quinoa and sugar. Its consistency should be like porridge.



Tip:

A dessert rich in proteins and calcium, helping you to build healthy bones and teeth.