



JOHNSON
CENTER

Amaranth or Quinoa Pudding

INGREDIENTS:

2 cups amaranth or quinoa, cooked
1 cup apple juice
½ cup raisins
½ cup almonds, chopped fine
1 ½ tsp vanilla
juice of ½ lemon
Grated rind of one lemon
Dash of cinnamon

PREPARATION:

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.

<http://www.saltspringseeds.com/recipe/powerfoods.htm>

NOTES FROM THE COOK:

Dessert