



# Quinoa porridge



**Source:** FAUTAPO Foundation (Bolivia)

## *Ingredients:*

1 cup quinoa  
3 cinnamon sticks  
3 cloves  
5 tbsp cornflour  
Sugar to taste  
1 apple to decorate  
1 strawberry to decorate  
¾ litre of water

## *Preparation:*

- Put the carefully washed quinoa in ¾ litre of water, together with the cinnamon and the cloves. Cook.
- When the quinoa is cooked, add the cornflour previously dissolved in cold water and resume cooking.
- Pour the porridge into dessert bowls and let cool.
- Decorate with apple and strawberry.



### *Tip:*

Fruits contain fibre which helps maintain good digestion. Choose to eat 5 portions of fruit and vegetable a day.