



Quinoa cake



Fuente: Gloria Condori Yapo, Asociación Wiñay Warmi
“El camino de la quinua” cookbook, published by the Movimiento Manuela Ramos (Peru)

Ingredients:

1 kg quinoa flour
600 g butter
1 packet baking powder (20 gr)
4 tbsp vanilla extract
8 eggs
½ kg sugar
1 tin evaporated milk

Preparation:

- Separate the egg whites and beat until stiff.
- Mix the butter, sugar and egg yolks into a cream. Add the quinoa flour and milk and mix into uniform dough.
- Fold in the stiff egg whites, baking powder and vanilla.
- Bake for one hour and twenty minutes at medium heat



Tip:

Eggs are a good source of complete protein. An egg contains approximately 6 grams of protein.