



Juice of quinoa with apple and/or peach



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

Serves: **16**

Ingredients:

1 cup quinoa flakes
12 cups water
5 medium green apples
(or 8 medium peaches)
½ tsp ground cinnamon or
one cinnamon stick
¼ cup cornflour
Sugar

Preparation:

- Peel the apples, cut in half and remove seeds.
- Boil water in a pot, add the sugar, ground cinnamon (or stick) and the apples. Leave to cook for 10 minutes.
- Add the quinoa flakes, leave to boil for 8 more minutes, remove from the heat and let cool.
- Extract and mince the apple halves.
- Mix the minced apple with the rest of the juice.
- If you want a thicker juice, add ¼ cup of cornflour dissolved in cold water and cook for another 10 minutes.