

# Quinoa Pudding

| <b>Nutrition Facts:</b> |            |
|-------------------------|------------|
| Yield                   | 4 servings |
| Calories                | 235        |
| Fat                     | 6 g        |
| Sodium                  | 130 mg     |

| <b>Code</b>  |
|--------------|
| \$, Q, V, GF |



## **Ingredients Needed:**

- 1 ½ cup quinoa
- 2 cup fat-free milk
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 2 large eggs
- ¼ cup raisins
- ¼ cup ground flaxseed

## **Recipe Directions:**

- In a medium pot, add quinoa and cover with water; bring to a boil and cook for 7 minutes, then drain and run cold water over quinoa.
- Return cooked quinoa to pot and add milk, sugar, vanilla, and cinnamon; bring to a boil stirring constantly.
- In a small bowl, beat the eggs; then slowly add to milk mixture while whisking continuously.
- Immediately stir in raisins and return mixture to a boil; reduce heat to a simmer and cook for 10 minutes, stirring every 5 minutes; serve!