



# Quinoa with milk and guaviyu



**Chef Laura Rosano (Uruguay)**

Serves: **6**

## *Ingredients:*

200 g guaviyu without seeds (or you can use blueberries, blackberries, strawberries or other fruits local to your area)

½ cup milk

300 g quinoa

50g sugar

100g almonds, toasted

## *For the guaviyu coulis:*

200 g guaviyu without seeds (or you can use blueberries, blackberries, strawberries or other fruits local to your area)

250 g cup sugar

## *Preparation:*

- Remove the seeds from the guaviyu.
- Heat a saucepan with the milk, the quinoa and half the guaviyu. Add the sugar when the mixture has boiled. Simmer for 30 minutes.
- Serve in glass cups, add the rest of the guaviyu and a tablespoon of coulis per cup. Top with the ground almonds.
- For the coulis, remove the seeds from the guaviyu and process the fruit into a puree.
- Put the puree and sugar into a pan and gently bring to the boil, stirring all the time. Remove from the heat and let cool.



## *Tip:*

Any surplus coulis after preparing the dessert can be put into freezer bags and frozen. It can keep 6 months in a freezer and 10 days in a refrigerator.