



# Quinoa with milk



**Source:** Patricio Víctor Bermúdez, recipes from Lluta Valley (Chile)

## *Ingredients:*

½ cup quinoa, ground and toasted  
1½ cup milk  
Brown sugar

## *Preparation:*

- Boil the milk and add the quinoa and sugar. Its consistency should be like porridge.



### *Tip:*

A dessert rich in proteins and calcium, helping you to build healthy bones and teeth.