



# Quinoa drink



**Source:** Mariluz Ticona, Wiñay Warmi Association

"El camino de la quinua" cookbook, published by the Manuela Ramos Movement (Peru)

## *Ingredients:*

¼ kilo quinoa flakes  
1 medium pineapple, finely diced  
3 cups sugar or more if needed  
Pineapple peel  
Cinnamon  
Clove

## *Preparation:*

- Boil the pineapple peel with the clove and cinnamon in five litres of water for 30 minutes.
- Strain the mixture, add the quinoa flakes and cook for 30 more minutes.
- In a separate pan, put the diced pineapple with a cup of water and 3 cups of sugar. Cook for 10 minutes.
- Add the cooked pineapple to the pot with the cooked quinoa flakes and boil one last time for a few minutes. Check the sweetness.
- Allow to cool and serve with ground cinnamon.