

STRAWBERRY RHUBARB QUINOA PUDDING

Strawberry Rhubarb Quinoa Pudding

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 pudding)

Nutrition (per serving)

Calories: 110

Total Carbohydrate: 22

Total Fat: 1 g

Dietary Fiber: 2.5 g

Saturated Fat: 0 g

Protein: 5 g

Sodium: 60 mg

Ingredients

Pudding

- 2 cups water
- 1 ½ cups chopped rhubarb (fresh or frozen)
- 1 ½ cups chopped strawberries
- ⅓ cup uncooked quinoa
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ¼ cup sugar
- ¼ cup granulated Splenda®
- ½ teaspoon lemon zest
- 1 Tablespoon cornstarch
- ¼ cup water

Topping

- 1 - 5.3 ounce container nonfat plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 tablespoon granulated Splenda®
- ⅓ cup chopped strawberries

Directions

1. In a medium saucepan, combine water, rhubarb, strawberries, quinoa, cinnamon and salt. Bring to a boil over high heat, reduce heat and simmer for 25 minutes.
2. Stir in sugar, Splenda® and lemon zest. Whisk cornstarch with $\frac{1}{4}$ cup cold water in small bowl. Stir into quinoa mixture, return to a simmer, and cook for 1 minute, stirring constantly.
3. Remove from heat, and divide evenly into 6 - 1 cup serving bowls. Refrigerate for at least one hour.
4. Before serving. Mix yogurt, Splenda®, and vanilla extract in a small bowl. Top each pudding with about 2 Tablespoons of yogurt, then with 1 Tablespoon chopped strawberries.