



February 7- Gluten and Dairy Free Pudding

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1279095>

Recipe

Ingredients:

- 1 cup quinoa
- 3 cups rice milk
- 2 Tablespoon margarine
- 1 teaspoon vanilla
- 1/8 cup sugar
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 cup raisins

Directions:

1. Prepare quinoa according to package.
2. Once cool, combine rice milk, margarine, vanilla, raisins and sugar with quinoa. Cook on medium heat for 25 minutes, or until the liquid has been absorbed; stir frequently.
3. Add nutmeg and cinnamon; cook for 3-5 more minutes while stirring.
4. Serve warm.

Yield 8 servings

Nutrition Facts

Serving Size 1/2 cup (129.72g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **5%**

Sugars 13g

Protein 2g **3%**

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.