



September 30- Quinoa Banana Pudding

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=207488>

Recipe

Ingredients:

- ¾ cup quinoa
- 1 ½ cup water
- 2 bananas, ripe
- 2 cup low-fat milk
- 2 teaspoon sugar
- ½ teaspoon vanilla
- 1 teaspoon margarine

Directions:

1. Prepare quinoa.
2. Blend milk, bananas and sugar until smooth. Add mixture to prepared quinoa.
3. Heat over medium, stirring until cream, for 5-10 minutes.
4. Stir in vanilla. Serve warm.

Yield 5 servings

Nutrition Facts

Serving Size 1/2 cup (244.44g)

Servings Per Container 5

Amount Per Serving

Calories 200 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 7g **15%**

Vitamin A 6% • Vitamin C 6%

Calcium 15% • Iron 8%

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