

# Strawberry-Rhubarb Quinoa Pudding



## Ingredients

2 1/4 cups water, divided	1/8 tsp salt
1 1/2 cups chopped rhubarb, fresh or frozen	1/4 cup honey (1/4 cup plus 1 Tbsp, divided)
1 cup chopped strawberries, fresh or frozen, plus more for garnish	1/2 tsp freshly grated lemon zest
1/3 cup quinoa	1 Tbsp cornstarch
1/2 tsp ground cinnamon	1 cup nonfat plain Greek yogurt
	1 tsp vanilla extract

## Instructions

Instructions: Combine 2 cups water in a medium saucepan with rhubarb, strawberries, quinoa, cinnamon and salt. Bring to a boil over high heat, then reduce heat to simmer. Cover and cook until the quinoa is tender, about 25 minutes. Stir in 1/4 cup honey and lemon zest. Whisk cornstarch with the remaining 1/4 cup water in a small bowl. Stir into the quinoa mixture, return to a simmer and cook, stirring constantly, for 1 minute. Remove from heat. Divide the pudding among 6 bowls. Refrigerate until cool, about 1 hour. Just before serving, combine yogurt, vanilla and the remaining 1 tablespoon honey in a small bowl. Top each serving with a generous dollop of the vanilla yogurt and fresh strawberries, if desired.

## Nutrition Information Per Serving

Serving Size: 2/3 cup

Serves 6

Calories: 120

Fat: 1 gm

Sodium: 43 mg

Fiber: 2 gm

Carbohydrates: 32 gm

Protein: 5 gm

Sugars: 8 gm