

## QUINOA BANANA PUDDING WITH DRIED MANGO

Makes 6 to 8 servings

1 ½ cups (375 ml) cooked quinoa

2 ½ cups (625 ml) water

14 oz (398 ml) can coconut milk

¼ cup (60 ml) sugar, plus more to taste

Pinch of salt

½ cup (125 ml) dried mango slices, cut into ½ inch (1.2 cm) chunks

2 tsp (10 ml) grated fresh ginger, plus more to taste

2 large ripe bananas

½ cup (125 ml) chopped walnuts, toasted

Place the quinoa in a large bowl and cover with cool water. Stir the quinoa with your hand, then drain in a mesh strainer.

In a 3 quart (3 l) saucepan over medium high, combine the quinoa and 2 ½ cups (625 ml) water. Bring to a boil, then cover, reduce heat to simmer and cook until the water is absorbed, about 12 to 15 minutes.

Uncover the pan and add the coconut milk, sugar and salt. Simmer gently, uncovered and stirring occasionally for 5 minutes.

Add the mango and ginger. Continue cooking until the mixture thickens to a pudding consistency and the mango is soft but still chewy, about 3 minutes. Remove from heat.

Slice half a banana into thin rounds and set aside. Mash the remaining 1 ½ bananas and stir into the pudding. Add more sugar if needed, then stir in the walnuts. Serve in individual ramekins. Garnish with reserved banana slices.

Approx. Nutrition per serving: 330 cal, 17 g fat, 7 g protein, 42 carb, 4 g fibre.