



### **Quinoa Chia Seed Pudding with Strawberries**

*Mix up a maple pudding that is a nutritional powerhouse for dessert*

1/4 cup chia seeds, softened  
1-1/2 cups unsweetened plant-based milk  
1 cup cooked red or white quinoa  
1 Tablespoon pure maple syrup  
1/2 teaspoon pure vanilla extract  
1/4 teaspoon almond extract  
Fresh sliced strawberries and blueberries as desired

- Combine the chia seed and milk in a small bowl; place in a refrigerator about 2 hours or very plump.
- Meanwhile, cook rinsed quinoa as directed on the package. (Chef Giancarla boils her quinoa like pasta.)
- Fold the cooked quinoa into the softened chia seed mixture. Mix in maple syrup, vanilla, and almond extracts.
- Cover; place in the refrigerator until thickened and has a pudding texture.

- To serve: Place desired amount of pudding into dessert bowls or cups; top with sliced strawberries and blueberries. Serves: about 4 to 6 depending on the size of your dessert dishes.

**Recipe Inspired by:** Chef Giancarla Bodoni.

<https://www.brainhealthkitchen.com/brain-healthy-cooking-sempre-sano-tuscany/>

**About the Recipe:** If you want to change your diet and start eating some healthy desserts, this is a super one to try. It has quinoa, which is a nutritional powerhouse, gluten-free, packed with protein, fiber, and minerals. Then add some chia seeds, which have all nine essential amino acids, can balance blood sugar levels, contain lots of antioxidants, a complete protein source and yes, healthy fats. Combine all of this with some fresh berries and tasty flavors. Serve the pudding for desserts, snacks, or your breakfast menu.