



### Quinoa

Quinoa (pronounced Keen-wah) is a nutritious gluten free grain. This ancient grain contains more protein than any other grain as it has a balance of 8 essential amino acids. Therefore, it can assist vegetarians in meeting their protein requirements for the day.

Quinoa is also high in fibre and low GI making it effective in maintaining a healthy digestive system and keeping blood sugar levels stable.

It comes in three varieties; white, red or black and has a fluffy consistency with a nutty flavour. To prepare quinoa make sure you rinse the grain well to wash off its bitter coating. Bring a saucepan of water to boil and add 1 cup of quinoa. Reduce heat to low, and cook covered for 12-15 minutes, or until tender but still slightly crunchy.

Quinoa is delicious cold tossed through a salad, or served hot with a stir-fry, stew or casserole. You can use quinoa similar to how you would use rice. For example; adding it to soups, frittatas or veggie patties. Quinoa flour can be used for baking gluten-free cakes, muffins, cookies, pancakes and breads. You should be able to find it in the rice/pasta section of supermarkets or from health food stores.

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