

A JOCK'S GUIDE

Quinoa Berry Crumble

Source: www.sugarfreemom.com
Adapted by A.J.G.

Ingredients:

2 cups cooked quinoa
1/2 teaspoon salt
1 banana, mashed
1/2 cup raspberries
1 teaspoon ground cinnamon
1 egg, lightly beaten
1 cup chopped mango *
1/2 teaspoon Sweetleaf liquid vanilla Stevia*

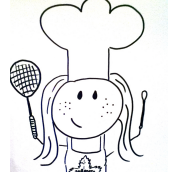
* See *Game Day Strategies* for ingredients substitutions and FODMAP friendly alternatives!

Directions:

1. Preheat oven to 350 degrees.
2. Cook 1 cup of dry quinoa in a large pot with 2 cups of water. Bring to a boil, cover and simmer for 15 minutes until all water is absorbed.
3. In a large bowl mix together the quinoa, cinnamon and salt.
4. Add the egg, stevia (or ingredient substitutions) and banana until combined well.
5. Gently mix in the chopped mango.
6. Spray a pie plate with nonstick cooking spray and press mixture into pie plate.
7. Bake for 20- 30 minutes until quinoa is lightly browned on top.
8. Finish by drizzling with agave syrup and topping with fresh raspberries!

GAME DAY STRATEGIES

*I did not have Sweetleaf Liquid Vanilla Stevia so I used 1/2 teaspoon vanilla and 1/8 cup of Agave syrup instead.



Make sure your pan is large enough so the mixture is not too thick when you cook it- otherwise it will stay mushy.

*FODMAP friendly? Exclude mangoes but add raspberries in mixture before baking.

