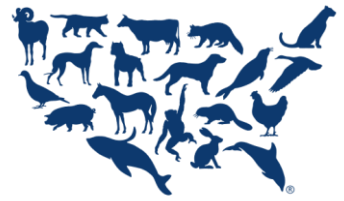


Quinoa Parfait

QUINOA, OATMEAL AND FRUIT PARFAIT



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD:

10 Servings

Ingredients	Qty	Measure
Water	1	cup
Salt	1/2	tsp
Quinoa	1/2	cup
Quick cooking oats (raw)	1	cup
Fresh apple (cored and grated)	1	whole
Almond milk	1	cup
Dried cranberries	1/4	cup
Brown sugar or maple syrup (optional)*	1/4	cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Rinse quinoa
2. Bring water to a boil, add salt and quinoa. Continue to boil until done, about 15 minutes (will have a spiral shape). Cool slightly.
3. Add raw oats, apple, almond milk, cranberries, and brown sugar if desired

**Banana can be used in place of sugar. Any of the non-dairy milks can be used.*

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

4 oz. garnish with 1 oz. toasted almonds or 1 oz. granola

Nutrition Information

 *From USDA Nutrient Database

Without Almond Garnish

Calories: 101 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 20g (2g Fiber) Protein: 3g Sodium: 133mg
Vitamin A: 2% Vitamin C: 1% Calcium: 4% Iron: 5% Folate: 4%

With Almond Garnish

Calories: 170 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 22g (3g Fiber) Protein: 5g Sodium: 172mg
Vitamin A: 2% Vitamin C: 1% Calcium: 8% Iron: 7% Folate: 5%