



SUNRISE CARIBBEAN PINEAPPLE CRISP

SERVINGS: 12 SERVINGS CALORIES: 348 KCAL

A tropical treat that merges pineapple and InHarvest Sunrise Blend with Quinoa Flakes® for a delicious fruit crisp. This is sure to be a favorite dessert on your menu!

INGREDIENTS

6 ounces InHarvest Sunrise Blend with Quinoa Flakes®
 12 cups Pineapple tidbits canned, drained, juice reserved
 1 tablespoon Allspice ground
 1/4 cup flour
 1/4 tablespoon Salt, kosher
 6 cups Juice, reserved supplement with apple juice if needed
 9 ounces Oats, rolled
 1/4 cup Sugar, brown
 1/4 cup Oil, canola

INSTRUCTIONS

1. In a large bowl, mix InHarvest Sunrise Blend with Quinoa Flakes® with the pineapple, allspice, flour, salt and reserved juice. Combine thoroughly.
2. In a separate bowl, combine the oats, brown sugar and oil.
3. In a half hotel pan, spread the fruit mixture out evenly.
4. Sprinkle the oat topping over the fruit mixture to cover.
5. Bake in a 350° F convection oven for 1 hour or until the top is browned and the filling is bubbling and caramelized.

RECIPE NOTES

Yield: 12 servings

Note: Nutrition analysis will vary depending on the type of canned fruit used. This recipe uses fruit packed in juice.

Crediting: 8-oz. spoodle portion (approx. 11 oz. by weight) is 1.25 oz. equivalent grain, 1 cup fruit

NUTRITION FACTS PER SERVING (8OUNCE SPOODLE)

Calories: 348 kcal | Fat: 7 g | Sodium: 289 mg | Carbohydrates: 70 g | Fiber: 6 g | Sugar: 41 g | Protein: 8 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.