

SUNRISE CARIBBEAN PINEAPPLE CRISP K-12



INGREDIENTS

2 lbs **Sunrise Blend with Quinoa Flakes®**

< <https://inharvestfoodservice.com/products/sunrise-blend-with-quinoa-flakes/> >

16 quarts pineapple tidbits, canned, drained, juice reserved

1/3 cup allspice, ground

1 1/3 cup flour

1 2/3 T kosher salt

8 quarts reserved juice (supplement with apple juice if needed)

3 lbs rolled oats

1 1/3 cup brown sugar

1 1/3 cup canola oil

DIRECTIONS

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. Spread the fruit mixture out evenly into half hotel pans.
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.

NUTRITION FACTS

Per serving: 359 cal., 8 g pro., 71 g carb., 6 g fiber, 6 g fat (<1 g sat. fat), 0 mg chol., 239 mg sod., 43 g sugar

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

CREDITING INFORMATION

Each 8-oz spoodle portion (approx. 11 oz by weight) provides 1¼ oz equivalent grain, 1 cup fruit