

Quinoa, Oatmeal, and Fruit Parfait

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: ½ cup

Ingredients	Quantity	Measure
Quinoa	½	cup
Water	1	cup
Salt	½	tsp.
Oats, quick-cooking, raw	1	cup
Apple, fresh, grated **	1	each
Non-dairy milk	1	cup
Cranberries, dried	¼	cup
Brown sugar or maple syrup or Agave (optional) *	¼	cup
Almonds, slivered, toasted	2	cups

Preparation

1. Rinse quinoa.
2. Bring water to a boil, add salt and quinoa. Cover and continue to boil until tender, about 15 minutes and until the quinoa has absorbed most of the water. Tiny spirals should appear on top of each seed when done. This is the germ separating and curling around the seeds. Leave lid on the pot for at least 5 minutes after removing from heat. Then remove the lid and allow to cool to touch.
3. Fluff the quinoa gently with a fork.
4. Stir in raw oats, apple, non-dairy milk, cranberries, and sweetener (brown sugar, maple syrup, agave) if desired.

Serving Information

*Sliced banana can be used in place of sugar to add a bit of sweetness. Any of the dairy-free milks can be used in place of almond milk.

**Any fruits in season or on hand.

Nutrition Information

 * From USDA Nutrient Database

Without Almond Garnish

Calories: 77 Total Fat: 1g Saturated Fat: .1g Monounsaturated Fat: .1g Polyunsaturated Fat: .3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 1.4g Total Sugar: 3.9g Protein: 1.9g Sodium: 132mg Vitamin A: 1µg Vitamin C: .9mg Calcium: 53mg Iron: .7mg Folate: 16µg



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