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STRAWBERRY QUINOA PARFAIT WITH NUTELLA®

Yogurt parfait | Vegetarian | Breakfast | Mid-morning | All year round

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Yields: 12 Parfaits

Portion: 1 Parfait

Ingredients

- 550 ml strawberry thinly sliced
- 240 ml quinoa
- 360 ml cups water
- 36 g sugar
- 60 ml strawberry puree
- 1,5 l plain yogurt
- 250 g Nutella®

Preparation

Bring water, strawberry puree and 36 g sugar together in sauce pot and bring to a boil. Add quinoa and stir once. Turn heat to low, cover pot with a lid and cook until tender. Remove from heat and cool.

Assembly

Place 60 ml of plain yogurt in the bottom of glass. Add sliced strawberries followed by 18 g of quinoa mixture and 7 g Nutella®. Add a 60 ml plain yogurt, sliced strawberry and top with 14 g Nutella®.