



STRAWBERRY QUINOA PARFAIT WITH NUTELLA®

Parfait / Mousse | Vegetarian | Snacking | All year round

👩🍳👨🍳👩🍳 | 30 minutes ⌚ | 📖📖📖

Yields: 12 Parfaits

Portion: 1 Parfait

Ingredients

- 1-pint strawberry thinly sliced
- 1 cup quinoa
- 1 ½ cups water
- 2 tsp. sugar
- ¼ cup strawberry puree
- 6 cups plain yogurt
- 9 oz. Nutella®

Preparation

Bring water, strawberry puree and 2 tsp. 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 $\frac{1}{4}$ cup of plain yogurt in the bottom of glass.

Add sliced strawberries followed by 1 Tbsp. of quinoa mixture and $\frac{1}{4}$ oz. Nutella®.

Add a $\frac{1}{4}$ cup plain yogurt, sliced strawberry and top with $\frac{1}{2}$ oz. Nutella®.
