

Recipe Name: Ancient Grain Granola Bowl

The recipe is vegetarian and contains Future 50 ingredients.

Description: Coconut citrus tofu yogurt topped with cardamom ancient grain granola, bananas, kiwi, mango and honey

Prep Time: 5 to 10 minutes

Cook Time: 40 to 48 minutes

Yield: 4 servings

Ingredients:

Whipped Tofu:

12 ounces silken tofu, cut into large pieces
2 teaspoon coconut milk
1 Tablespoon freshly squeezed lemon juice
1/8 teaspoon Kosher salt

Ancient Grain Granola:

2 Tablespoons amaranth, raw
2 ½ Tablespoons red quinoa, raw
¼ cup wild rice, raw
1/3 cup old-fashioned oats
1 Tablespoon and 2 teaspoons black chia seeds
1 Tablespoon and 2 teaspoons agave
½ teaspoon peeled and grated ginger root
1/8 teaspoon Kosher salt
½ teaspoon ground cardamom
¼ teaspoon vanilla extract

Ancient Grain Granola Bowl:

1 1/3 cups sliced bananas
1 1/3 cups peeled, quartered and sliced kiwi
1 1/3 cups peeled and diced mango
¼ cup honey

Instructions:

To Prepare Whipped Tofu:

1. Place all ingredients in a food processor or blender. Puree until smooth. Cover, and refrigerate until ready to use.

To Prepare Ancient Grains Granola:

1. Heat a deep sauce pot over medium-high heat until the surface is almost smoking.
2. Add raw amaranth to coat the bottom of the pot in a single layer without crowding or overlapping.
3. Turn heat down to medium. Cover pot and shake it like when cooking popcorn on stove-top.
NOTE: Shaking pot ensures that amaranth won't burn. It also agitates the seeds, prompting them to pop.
4. Remove from heat. Allow to cool. Place in an airtight container until ready to use.
5. Repeat this procedure for red quinoa and then again for wild rice.



NOTE: Choose appropriate size pots based on the amount to be prepared. Cooking times may vary depending on the amount of grains being popped at once. Popped amaranth, quinoa and wild rice can be prepared 1 to 2 days prior to making granola.

6. Combine the oats, chia, puffed amaranth, quinoa and wild rice in a bowl. Mix well.

7. In a separate bowl, combine agave, ginger, salt, cardamom and vanilla. Mix well.

8. Add the dry ingredients to the wet and stir to coat well.

9. Line a sheet pan with parchment paper or coat with cooking oil spray. Place granola mixture and spread in a single layer.

10. Bake in a preheated 375-degree Fahrenheit oven for 10 to 12 minutes or until golden brown. Mix granola once halfway through baking time to promote even browning.

11. Remove from oven.

12. Allow to cool completely. Place in an airtight container until ready to use.

To Plate Ancient Grain Granola Bowl:

1. As needed, spread 1/3 cup whipped tofu on left side of a service bowl.

2. Place 1/2 cup granola next to tofu.

3. Arrange 1/3 cup of each banana, kiwi and mango next to and overlapping the granola.

4. Drizzle entire bowl with 1 Tbsp honey. Enjoy immediately!

Nutritional Facts Per Serving:

Cal 390
Cal. Fat 60
Tot. Fat 7 g
Sat. Fat 1.5 g
Trans Fat 0 g
Chol. 0 mg
Sodium 190 mg
Carbs 74 g
Fiber 9 g
Sugar 38 g
Protein 13 g

Allergens:

Milk
Eggs
Treenuts
Peanut
Shellfish
Wheat
Soybean
Fish
Mustard
Sesame
Sulphites
MSG