

# Quinoa Parfait

THM:E

Multiple Servings

- Make a batch of Handy Chocolate Syrup, [Trim Healthy Cookbook](#) pg 479

## Quinoa Mix:

- 1 cup Quinoa, rinsed
- 1 1/2 cup Water
- 3/4 cup Dark Sweet Cherries, frozen and cut in half
- 2 Tbsp Gentle Sweet

## Yogurt Topping:

- 1 cup Non-Fat Greek Yogurt, plain
- 2 Tbsp [Gentle Sweet](#),
- 1 small Banana
- 1/2 cup Blueberries, frozen
- 1/2 cup Strawberries, frozen sliced
- 2 Tbsp Pomegranate Powder (or your choice of flavoring/extract)



Make a big batch of Cherry Quinoa: In the Instant Pot\*, put quinoa, water, 2 Tbsp Gentle Sweet and cherries on pressure cook for 1 minutes. Let naturally release for 8 minutes.

Meanwhile, mix yogurt with remaining 2 Tbsp of Gentle Sweet and pomegranate powder (or your choice of flavoring/extract).

Using no more than 3/4 - 1 cup quinoa per jar alternate layering quinoa, chocolate, yogurt, and fruit in pint size mason jars, repeat until jar is full. Refrigerate for a few hours, or overnight. You can make as many as you want, if you don't want to use the whole batch of quinoa store the rest in a container to make a quinoa cherry bowl.

\*If you do not have an Instant Pot, just cook quinoa according to package and add chopped, thawed cherries.

Note: fruit can be changed to your preference.

