



## Sunrise Caribbean Pineapple Crisp

**Yield:** 12 servings

*Each 8-oz. spoodle portion (approx. 11 oz. by weight) provides 1¼ oz. equivalent grain, 1 cup fruit*

### Ingredients

- 6 oz. InHarvest Sunrise Blend with Quinoa Flakes®
- 12 c. pineapple tidbits, canned, drained, juice reserved
- 1 T. allspice, ground
- ¼ c. flour
- ½ T. kosher salt
- 6 c. reserved juice (supplement with apple juice if needed)
- 9 oz. rolled oats
- ¼ c. brown sugar
- ¼ c. canola oil

### Directions

1. In a large bowl, mix InHarvest Sunrise Blend with Quinoa Flakes with the pineapple, allspice, flour, salt and reserved juice. Combine thoroughly.
2. In a separate bowl, combine the oats, brown sugar and oil.
3. In a half hotel pan, spread the fruit mixture out evenly.
4. Sprinkle the oat topping over the fruit mixture to cover.
5. Bake in a 350°F convection oven for 1 hour or until the top is browned and the filling is bubbling and caramelized.

### Nutrition Facts

Per serving: 348 cal., 8 g pro., 70 g carb., 6 g fiber, 7 g fat (<1 g sat. fat), 0 mg chol., 289 mg sod., 41 g sugar

*Note: Nutrition analysis will vary depending on the type of canned fruit used. This recipe uses fruit packed in juice.*