



FACEBOOK LIVE COOKING with OFS July 23, 2020

Recipe

QUINOA AND OAT BERRY CRISP



For # people

6 to 8 servings



Cooking time

45 minutes

Ingredients:

- 1 cup cooked quinoa
- 4 cups strawberries or mixed berries
- 4 Tbsp brown sugar
- 2 Tbsp orange juice
- 1 cup instant oats
- 2 Tbsp cornstarch
- ½ cup pecans, chopped
- 1/3 cup brown sugar
- 2 Tbsp melted butter
- 1 tsp lime zest

Directions:

- Preheat oven to 350 F
- In a bowl combine cooked quinoa, oats, pecans, 1/3 cup brown sugar, lime zest and melted butter.
- In a separate bowl mix the berries with 4 Tbsp brown sugar, orange juice and cornstarch, mix well.
- Prepare an 8 inch square baking dish lightly oiled and spread the berries mixture in it evenly then sprinkle evenly the quinoa mixture over the berries mixture.
- Bake until golden and bubbly for approx. 30 to 35 minutes. Let cool for 15 minutes before serving.
- Serve it top with whipping cream or ice cream.