



Recipes

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Breakfast Buddha Bowl

Serves 12

Ingredients:

12 each 8" Fry-Ready Tortilla (37185)
As needed Cinnamon Sugar mixture
8 cups Hydrated Chia Seeds and Greek Yogurt, see related recipe
As needed Mixed fruits and nuts
As needed Shredded Coconut

Directions:

1. To prepare one Breakfast Buddha Bowl, use a tortilla bowl frying mold to form an 8" Fry-Ready™ tortilla in a 350°F fryer. When the tortilla is crisp and holds its shape, dust with cinnamon sugar mixture and let cool.
2. Fill tortilla bowl with 2/3 cup of the Hydrated Chia Seed and Greek Yogurt.
3. Top with your favorite fruits and nuts and other on-trend add-ins.

Hydrated Chia Seed Greek Yogurt

Serves 1

Ingredients:

1/4 cup Almond Milk, vanilla
1/8 cup Chia Seed
1/8 tsp. Kosher Salt
1/8 cup Honey
1/8 tsp. Vanilla Extract
1/8 qt. Vanilla Greek Yogurt
1/8 cup Pitaya puree (dragon fruit puree)

Directions:

1. Combine milk, chia seeds, salt, honey and vanilla extract and cover with foodservice wrap. Refrigerating overnight stirring occasionally.
2. Combine the hydrated chia seed mixture with vanilla Greek yogurt and the pitaya puree.
3. Reserve under refrigeration until use.