



Recipes

MISSIONFOODSERVICE.COM

Cinnamon Granola Breakfast Bowl

Prep Time: 25 Minutes

Cooking Time: 15 Minutes

Serves 2

Ingredients:

- 2 Mission® 12" Whole Wheat Tortilla (10254)
- 4 Tbsp. Honey
- 1 oz. Ground Cinnamon
- 16 oz. Water
- 1 stick Cinnamon
- 1 Tbsp. Fructose
- 1/4 tsp. Salt
- 8 oz. Kasha
- 2 oz. Quinoa
- 4 Tbsp. Flax Seeds
- 1 oz. Soy Milk (optional)
- 4 Tbsp. Raw Granola
- 2 Tbsp. Maple Syrup
- 1 oz. Golden Raisins
- 1 oz. Diced Dried Apricot
- 1 oz. Dried Cranberries
- 1 oz. Diced Dried Date
- 1 oz. Diced Fresh Banana
- 1 oz. Fresh Blueberries
- 1 oz. Vanilla Soy Yogurt
- 1 sprig Fresh Mint

Directions:

1. Preheat fryer to 350° F and deep fry Mission® Multigrain Tortilla in tortilla basket for 2-3 minutes until golden brown. Remove and drain.
2. Coat rim edge of tortilla bowl with honey and dip in ground cinnamon.
3. In a small saucepan, combine the water and the cinnamon stick and bring to a boil. Add the Kasha and Quinoa and a pinch of salt. Add the fructose and honey.
4. Reduce the heat to low and cook for about 12 to 15 minutes, stirring occasionally. Remove from heat.
5. Scoop into tortilla bowl. Garnish with soy milk, maple syrup, raisins, apricot, cranberries, dates, banana, and blueberries.
6. Place a dollop of yogurt on top of the fruit. Garnish with mint sprig and serve.