



Makes five 1-cup parfaits
Preparation Time: 25 minutes
Cook Time: 1 hours 35 minutes

INGREDIENTS:

1 small kabocha squash (3 lb.), halved and seeds removed

1 cup unsweetened, unflavored plant-based milk, such as almond, soy, cashew, or rice

¼ cup pure maple syrup

1½ tsp. pure vanilla extract

1 tsp. pumpkin pie spice

2 cups fresh orange juice (from about 4 oranges)

1 cup dry millet

½ cup pitted dried dates, roughly chopped

¼ cup chopped walnuts

¼ cup raisins

Millet and Kabocha Squash Breakfast Parfaits

Prep a batch of hearty breakfast parfaits on the weekend to enjoy throughout the week. Cooking the millet in orange juice infuses them with sweet, bright flavor. If you don't have kabocha squash on hand, you can make these parfaits with banana, buttercup, or hubbard squash for equally delicious results.

By Darshana Thacker Wendel

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Place squash halves, cut side down, on the prepared baking sheet. Bake about 40 minutes or until tender.
- 2 Scoop squash flesh into a food processor. Add milk, maple syrup, vanilla, and pumpkin pie spice. Process until smooth.
- 3 In a small saucepan combine orange juice, millet, and dates. Bring to boiling; reduce heat. Cover and simmer about 30 minutes or until millet is tender and liquid has been absorbed. Let cool.
- 4 Set aside a few walnuts and raisins for garnish. Add the remaining walnuts and raisins to millet mixture; fluff and mix with a fork.
- 5 To assemble parfaits, in five canning jars or parfait glasses layer half of the millet mixture and half of the squash puree; repeat layers once. Top with the reserved walnuts and raisins. Cover and chill at least 1 hour before serving.