

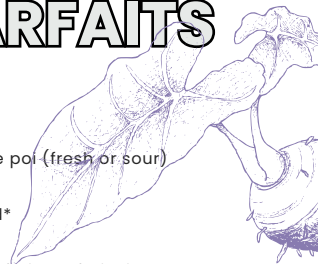


# RECIPES WITH **KALO**



**TOTAL TIME: 15 MIN**  
**PREP: 10 MIN | COOK: 25 MIN**

## POI PARFAITS



### INGREDIENTS

- 1 bag or tub of your favorite poi (fresh or sour)
- ½ c of water (as needed)
- ½ cup granola
- ¼ of half a pineapple, diced\*
- 1 tsp of honey

\* Feel free to use your favorite fruits or fruits in season. Bananas and papayas pair well with poi parfaits as well!

Additional toppings:

- Yogurt (greek or plain) for a good source of protein
- Mixing chia seeds with yogurt or water to make chia seed pudding for more fiber

### INSTRUCTIONS

- Prepare your fruits: Slice and dice your preferred fruits to top your poi parfait with.
- Mix your poi: Add water to your poi to adjust the consistency of the poi to your liking.
- Assemble your parfaits: In a cup or a bowl, place your poi at the bottom. Layer the poi with granola, cut fruits, and top with honey.



Learn more at [polhi.org/aipono](https://polhi.org/aipono)

## Nutrition Facts

servings per container  
Serving size (220g)

Amount per serving  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 62g	23%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 2mg	10%
Potassium 508mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

◆ 1 CUP = 220 G

**ZERO ADDED SUGAR**

**GOOD SOURCE OF COMPLEX CARBOHYDRATES**