INDONESIA / WILL AND FRIENDS

GRANOLA PINEAPPLE YOGHURT QUINOA BLUEBERRY FRUIT BOWL

This is a tropical breakfast bowl with an Indonesian twist: selasih (basil seeds), quinoa, coconut cream and plain yoghurt, topped with granola, fresh pineapple, blueberry jam and mint. It takes 10 minutes.



SERVES	PREP	DIFFICULTY	SPICE
2	10 min	Easy	Mild

INGREDIENTS

FOR THE BASE

- 2 tbsp selasih (basil seeds)
- 100 ml water
- 100 g cooked quinoa, cooled
- 80 ml coconut cream
- 150 g plain yoghurt

FOR THE TOPPINGS

- 60 g granola
- 200 g ripe pineapple, diced
- 2 tbsp blueberry jam
- Fresh mint leaves

METHOD

SOAK THE SELASIH

1. Stir the selasih into the water and leave for 10 to 15 minutes, until each seed is swollen and surrounded by a clear jelly coat.

MIX THE BASE

2. Drain the selasih if there is extra water. Stir it with the quinoa, coconut cream and yoghurt.

BUILD THE BOWLS

3. Spoon the base into two glasses, jars or bowls. Add the granola, then the pineapple. Spoon the blueberry jam on top and finish with mint leaves.

USEFUL SHORTCUTS FOR HOME COOKS

Selasih is sold in Asian grocers. Chia seeds work as a substitute, but soak them for 20 minutes.

Smell the pineapple at the base. If it smells sweet and juicy, it is ripe.

Mix the base the night before and add granola just before eating, so it stays crunchy.

Will and his mixologist friend Arca make a tropical breakfast bowl that was one of the best sellers on a Bali breakfast menu. It is a healthy, hearty bowl with a traditional Indonesian twist.The twist is selasih, or basil seeds. They are mixed with cooked quinoa, coconut cream and plain yoghurt, then topped with granola and fresh pineapple. Will says...