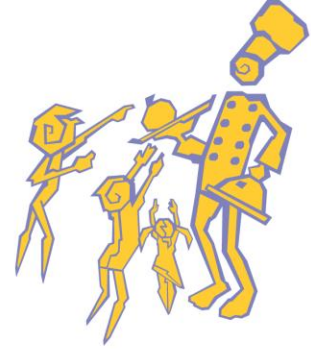




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



Spicy Date & Apricot Moroccan Couscous Shakers

- 4 ozs Whole Wheat Couscous
- 4 ozs Apple Juice
- ¼ teaspoon Turmeric (optional)
- ¼ Cup Peas
- ¼ Cup Dates pitted, chopped
- ¼ Cup Apricot (dried) pitted & chopped
- ¼ Cup Carrot Shredded or shaved to “ribbons” with a peeler
- 1 Tablespoon Chives snipped with a scissor
- TT Sea Salt & Fresh Ground

www.hip4kids.org



TT = To Taste

Creating A World Of Education

DIRECTIONS

1. Gently heat the apple juice and sprinkle in the turmeric to give it color
2. Put 4 ozs of Whole Wheat Couscous into a 10 oz paper cup
3. Mix in the Dates, Apricots, and Peas
4. Ladle hot Apple Juice onto the couscous and vegetable mixture to BARELY cover it
5. Place a cover over your cup. Gently shake and swirl it for 1 minute.
6. Place cup on table and let rest for 10 minutes. Uncover after 10 minutes and fluff with a fork.
7. Season it with salt and pepper. Garnish with the carrots and chives