



## The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

### Bread: Easy Orange Parfaits

*Makes: 6-8 servings*

#### Ingredients

2 ½ cups orange juice ½ cup cream of buckwheat 3-4 tsp. sugar	1 8-oz. carton frozen whipped topping Orange flavored liqueur (optional) Fresh fruit of your choice
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#### Directions

In large saucepan, bring orange juice to boil. Slowly stir in buckwheat. Lightly boil for 10 to 12 minutes or until liquid is absorbed, stirring occasionally. Remove from heat; stir in sugar. Cool 30 minutes. Fold in whipped and orange liquor (1-2 Tbsp.). Alternate layers of "pudding" and fresh fruit in decorative stemmed glasses. Garnish with fruit. Chill.



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