

Crunchy Berry Parfaits (vegan, grain-free, refined sugar free)

Ingredients:

Fresh organic strawberries, blackberries, or mulberries – or a combination – cut in bite size pieces

Macadamia Cream:

3/4 cup raw macadamia nuts, soaked 2 hours, drained/rinsed

1/3 cup water

2 Tbsp of chicory syrup or agave syrup

1 Tbsp pure vanilla extract

1/4 cup (melted) coconut oil

Crunch Topping:

1 cup raw pecans, toasted (Be careful not to burn them when toasting!)

3 Tbsp of chicory syrup or agave syrup

Pinch sea salt

Pinch cinnamon

Instructions

Macadamia Cream:

Place everything EXCEPT the coconut oil in a high-speed blender. Blend on high until smooth. With the blender running, add the coconut oil last and blend until just combined. Refrigerate for at least an hour before serving.

Crunch Topping:

Combine all and put in fridge to cool and set for about 20 minutes.

Assemble:

In pretty parfait glasses, layer the berries, the macadamia cream, and the nut crunch to make the parfaits look as delicious as they taste 😊

In health,
Mindy