



Berry coconut walnut parfait

Creamy and nutty, this layered berry, yoghurt and coconut mix hits the spot. Can use coconut yoghurt instead of natural yoghurt, and any berries you have. Serves 1. Per serve: Cal: 468; Fat: 34g; Pro: 17g; Carbs: 19g

Serves: 1, Prep time: 00:05, Cook time: 00:00

Instructions

In a small food processor, blend the coconut, almond meal, walnut halves, cinammon, vanilla and salt until mixed and into a crumb mixture.

In a jar, container or bowl, layer berries, coconut mix and yoghurt, finishing with the coconut and walnut mix.

Leave overnight. Enjoy.

Ingredients

- 3 tablespoon Coconut, desiccated
- 2 tablespoon Almond meal
- 6 Nut, walnut, raw
- 0.5 teaspoon Cinammon
- 0.5 teaspoon Unsweetened vanilla extract
- grind Salt, Himalayan
- 1 cups Frozen raspberries, (or a mix)
- 0.75 cups Yoghurt, plain, unsweetened