

Apple Crumble Yogurt Parfait

BY VALERIE PICCITTO, RHN, CNE

INGREDIENTS

Serves 2

Parfait

- 1 cup Unsweetened coconut yogurt, divided
- 1 apple, peeled & diced
- 1 Tbsp ghee
- 1 Tbsp 100% pure maple syrup
- 1/2 tsp cinnamon
- pinch of sea salt
- 2 Tbsp hemp hearts, divided
- 1 Tbsp ground flaxseeds, divided
- 1/4 cup oat crumble, divided
- 2 Tbsp caramel sauce, divided
- * Where the recipe says "divided", split the amount between each parfait.

Oat Crumble

- 1/2 cup oats
- 1/3 cup raw cashews, roughly chopped
- 1 Tbsp ghee, melted

DIRECTIONS

1. Pre-heat oven to 350F. Grab a cookie sheet and set it aside for now.
2. In a saute pan over medium heat, melt 1 Tbsp ghee. Once melted combine it with the oats and chopped cashews in a bowl until coated. Place mixture evenly on the cookie sheet and bake for 15 minutes until toasty and golden-brown. Set aside.
3. While your crumble bakes, make your caramel sauce. NOTE: It takes a little bit of time to get the mixture to thicken, so don't leave this to the end.



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Nutritionist

4. Grab 2 glasses or bowls, (whatever you'd like to serve your parfait in) and set them aside.
5. Using the same sauté pan as in step #2, add ghee over medium heat and sauté diced apples. Add maple syrup and cinnamon and sauté until apples have softened and maple syrup has become slightly thick and sticky - about 10-15 min. Set aside to cool a little.
6. Once apples have cooled down, begin to layer the coconut yogurt and sautéed apples into each glass. Ensure each glass gets 1/2 cup of coconut yogurt. Top each serving with oat crumble, hemp hearts, ground flaxseeds and drizzle with caramel sauce.
7. Enjoy immediately or cover with saran wrap and save for dessert!

LINK: <http://valeriepiccitto.com/blog/apple-crumble-yogurt-parfait>

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