



Berry coconut walnut parfait

Creamy and nutty, this layered berry, yoghurt and coconut mix hits the spot. Can use natural yoghurt instead of coconut, and any berries you have. Serves 1. Per serve: Cal: 482; Fat: 32g; Pro: 29g; Carbs: 1g

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. Mix coconut yoghurt and protein powder, adding almond milk to desired thickness in a separate bowl.

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

Leave overnight. Enjoy.

Ingredients

- 2 tablespoon Coconut, desiccated
- 2 tablespoon Almond meal
- 6 Nut, walnut, raw
- 0.5 teaspoon Cinammon
- 0.5 teaspoon Unsweetened vanilla extract
- grind pinch or to taste Salt, Himalayan
- 1 cups Frozen raspberries, (or a mix)
- 0.33 cups Yoghurt, plain, unsweetened
- 100 milliliters Almond milk, unsweetened (3.5 oz (U.S.))
- 25 grams Vanilla protein powder (1 oz)