

Recipe Collection

Apricot-Almond Parfaits

Serves 2 – 4 ~ Vegetarian ~ Gluten Free



Ingredients

- ✓ 2 (6oz) containers vanilla coconut milk
- ✓ 5-6 medium fresh apricots
- ✓ ¼ cup granola

- ✓ ¹⁄₂ cup almonds, coarsely chopped
- ✓ ¹⁄₄ ¹⁄₃ cup raw local honey (to taste)

Preparation

Start by pitting the apricots and cutting them into large "dice", you should have about 1lb. In a clear plastic or glass bowl or dish, layer a couple spoonfuls of the coconut milk (yogurt), then a few chunks of apricot, then a sprinkling of granola. Add another couple of spoonfuls of yogurt, then chopped almonds. Finish with a drizzle of honey.