

Recipe

COCOA GRANOLA & MIXED BERRY BREAKFAST PARFAIT



► ► Vegan, gluten-free

Yield: 1 serving

Prep Time: 5 min

Total Time: 5 min

INGREDIENTS

1/4 cup (30g) roasted cashew & coconut cocoa granola*

1/2 cup (125g) soy yogurt (or other plant yogurt)

1 ripe banana, sliced

1/4 cup (30g) fresh or frozen berries

1 Tbsp (15g) pumpkin seeds (or sub ground flax seeds)
coconut flakes (optional garnish)

DIRECTIONS

Layer ingredients in a cup or bowl, and enjoy!

NOTES

1. *Or use any plant-based granola or muesli you desire.
2. **Nutrition Tip:** purchase a calcium-fortified yogurt. Check the label and aim for a product that offers about 100 mg calcium per 100 mL or 100 g serving.
3. **Variations:** add your own desired fresh/frozen/dried fruit, nuts and/or seeds.

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