



Maple Yogurt Fruit 'n' Nut Parfait

By Judith Friedman

This dessert couldn't be easier. Tailor it to your own tastes by varying the nuts and nut butters. Cut large strawberries into quarters, cut raspberries and blackberries into halves and keep blueberries whole. In colder months, try diced apples sprinkled with cinnamon instead of berries.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1/2 cup whole raw almonds
- 16 ounces plain yogurt
- 1-2 tablespoons maple syrup
- 10 ounces berries, either fresh or frozen and thawed
- pinch of salt
- 6 tablespoons almond butter



Photo: Lori Eanes Photography

Instructions

Preheat the oven to 325-degrees. Place nuts on small sheet pan and toast for 10 minutes, until fragrant. Transfer to a cutting board and chop into small pieces. Set aside.

Mix the yogurt with the maple syrup until combined.

Place fruit in a bowl and smash half of it with wooden spoon to create a little sauce. Add a pinch of salt.

For a lovely presentation, divide the ingredients equally among 4 wine or parfait glasses. Start with a dollop of yogurt. Swirl in a little almond butter; add a layer of fruit, then top with a sprinkle of nuts. Repeat. This can also be served in a simple small bowl and will taste just as good.