



EASY KIWI PARFAIT

GLUTEN-FREE & DAIRY-FREE



Ingredients:

- 2 fresh kiwi, peeled and sliced (use "golden" kiwi for a sweeter taste)
- 1 cup coconut or almond yogurt
- ¼ cup gluten-free granola
- 1-2 tablespoons pure maple syrup
- ½ tsp. vanilla extract

Supplies:

- glass, jar, or serving bowl
- spoons

Instructions:

- 1 Make the Vanilla Yogurt:** Mix coconut or almond yogurt and vanilla extract until fully combined.
- 2 Start Layering:** Spoon half into glass or serving bowl. Add layer of sliced/peeled kiwi and sprinkle with gluten-free granola. Add next layer of yogurt, followed by kiwi and granola sprinkles. Add dollop of yogurt, top with granola and drizzle with maple syrup. Optional: add garnish, such as strawberry or berries for colour.

Variations & Tips:

Add:

- Fresh berries along with kiwi
- Chia seeds or hemp hearts for added crunch

Swap:

- Dairy-free for regular yogurt
- Vanilla extract and maple syrup for your favourite flavoured yogurt (lemon yogurt, for example, pairs well with kiwi)
- Regular serving bowl for a clear glass to see all those pretty layers. Small tumbler, stemless wine glass, small mason jar, or any clear glass you have will work beautifully.