



Coconut Yoghurt Parfait

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yoghurt (divided)
- 2 tbsps Walnuts (roughly chopped, divided)
- 1/2 cup Strawberries (chopped, divided)

Nutrition

Amount per serving	
Calories	230
Fat	17g
Saturated	7g
Carbs	20g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	51mg

Directions

- 1 Place half the coconut yoghurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yoghurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Nut-Free, Use sunflower seeds instead of walnuts.

Additional Toppings, Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top (additional calories apply)