

## DAIRY-FREE PROBIOTIC PARFAIT

### Sunflower Seeds

Packed with Vitamin E, Phosphorous, Magnesium, & Vitamin B-6; sunflower seeds help maintain immune system function. Studies have shown that sunflower seeds have the potential to combat swine flu.

### Kiwi

Kiwis are full of folate, potassium, Vitamin K, & Vitamin C. Vitamin C boosts white blood cells to fight infection in the body. Kiwis are also high in fiber, helping to aid the digestion process.

### Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, & gluten-free & is an excellent source of Vitamin D.

### Dark Chocolate

Containing high levels of flavonoids, a type of antioxidant, dark chocolate has been shown to boost attention & memory. Studies have also shown that it can enhance mood & fight off cognitive decline.

### Almonds

Almonds are packed with Vitamin E & loads of healthy fats that help to absorb more Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

### Banana

Bananas contain tryptophan, a protein type that the body converts into mood-lifting serotonin in the body. They also have Vitamin B-6 that promotes the production of serotonin & dopamine, helping with concentration.

### Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

### Extra Virgin Olive Oil

Pure olive oil contains Polyphenols that help remove the effects of proteins linked to Alzheimer's disease & have also been shown to help with learning & memory. Make sure the olive oil is pure & has not been cut with any other oils.





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*Makes 1 Serving*

### Instructions

*In a medium-sized bowl, combine:*

- 1 container of **organic dairy-free (vanilla) cashew-milk yogurt** as your base
- 1 tsp of **cold-pressed, extra virgin olive oil** & stir
- ¼ tsp of **cinnamon** & stir
- 1 tbsp of **raw, unsalted, sliced almonds** & mix
- ⅓ cup of **chocolate sea salt + probiotics granola** & mix
- ½ - 1 (small) **banana**, peeled & sliced
- ½ a **kiwi**, peeled & sliced into quads

*Stir, scoop, & enjoy!*

### Recipe

- **Forager Project: Organic Dairy-Free (Vanilla) Cashew-Milk Yogurt** - 1 container (24 oz)
- **Cold-Pressed, Extra Virgin Olive Oil** - 1 tsp
- **Cinnamon** - ¼ tsp
- **Raw, Unsalted, Sliced Almonds** - 1 tbsp
- **Purely Elizabeth: Chocolate Sea Salt + Probiotics Granola** - ⅓ cup
- **Banana** ½ - 1 (small)
- **Kiwi** - ½



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### Substitutions

- Customize & substitute any of your favorite wild berries! - Blueberries, organic strawberries, raspberries, etc. Frozen berries are an excellent option & taste AMAZING parfaits! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- Nuts (optional) - If you have a nut allergy, feel free to eliminate this ingredient or substitute it with another variety of seeds! If you would prefer a different type of nut as opposed to almonds, try swapping them for raw, unsalted walnuts, cashews, or pecans! Again, make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- I chose Purely Elizabeth: Chocolate Sea Salt + Probiotics Granola for this recipe because it is gluten-free (it also includes probiotics) & already has a variety of pure ingredients mixed & combined; however, you may opt-out & create your blend! The two main ingredients to substitute in this parfait are 1) HU: Dark Chocolate, 2) Raw, Unsalted Sunflower Seeds (combined should = 1/3 cup). If you decide to go with another product, always check the ingredients; *a good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I use Forager Project: Organic Dairy-Free (Vanilla) Cashew-Milk Yogurt as a base for this recipe; this yogurt is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another base for your parfait, always check the ingredients before choosing a product. Again, *a good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*