

Christmas - Clean

VEGAN CHOCOLATE YOGHURT PARFAIT

INGREDIENTS

- 200g chocolate tofu pudding
- 300g coconut yogurt
- 1 tsp maple syrup
- 1/4 tsp vanilla extract
- 6 tbsp low-sugar chocolate chip granola
- 100g raspberries
- 100g blueberries

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DIRECTIONS

1. Slice raspberries into halves. (Save 2 for garnish!)
2. In a mixing bowl, mix together coconut yogurt, maple syrup and vanilla extract until combined.
3. To assemble, spoon into each serving glass the layers in the following order: granola, coconut yogurt, granola, chocolate tofu pudding, raspberries, yogurt, and finally top with more granola and berries. Enjoy!

NOTES

- NOTES
- This parfait comes together super quickly if you prepare the chocolate tofu pudding and granola ahead of time!
- I recommend my low-sugar chocolate chip granola but feel free to use any other granola you like!
- Feel free to use any other plant-based yogurt instead of coconut yogurt. Just be sure to check the ingredient list and make sure there is no added sugar or additives!
- Feel free to substitute maple syrup with any other liquid sweetener. Granulated sweetener is fine too, but will take longer to dissolve in the yogurt.

SERVES: 2

CREDIT: <https://chloeting.com/recipes/>