

ROASTED STONE FRUIT & RAWNOLA PARFAIT

(vegan : egg-free : dairy-free : wholefoods)



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RAWNOLA

1 cup pitted dates

1 tablespoon hot water

¼ cup almond butter

1 tablespoon cold-pressed almond oil

1 tablespoon cacao

1 teaspoon cinnamon

1 tablespoon cacao nibs

1 cup buckini or roasted buckwheat grouts

½ cup your choice of hemp seeds, chia seeds, sesame seeds or flax seeds (any combination)

- Place dates, hot water and almond butter in food processor and blitz until a paste forms.
- Add almond oil and cacao and blitz again till combined.
- Add remaining ingredients to food processor and pulse until just combined.
- Press into a lined tray and place in freezer to set while you make the grilled stone fruits.

GRILLED STONE FRUIT

2 cups roughly sliced stone fruits (plums, nectarine or peaches)

1 tablespoon maple syrup

1 teaspoon ground vanilla or vanilla essence

- Arrange fruit on a paper lined baking tray so it's a single layer.
- Sprinkle ground vanilla beans (or essence) over and drizzle with maple syrup.
- Place under a hot grill until just starting to caramelize (about 5 minutes).

ASSEMBLE THE PARFAIT

Rawnola, broken into small chunks

Grilled stone fruit

Coconut yogurt

- Place alternating layers of fruit, yogurt and rawnola in tall parfait glasses, finishing with a dollop of yogurt.
- Arrange a small chunk of rawnola on the top of the yogurt, and garnish with fresh berries or chopped mint.

(Remaining rawnola will keep in the freezer for a couple of weeks - if it doesn't get nibbled up before that!)