

## **Super Food Coconut Yogurt Parfaits with No Grain-ola**

Prep time: 5 to 10 minutes

Yield: 2 servings

### **Ingredients:**

1 16-ounce carton plain, unsweetened coconut yogurt alternative, such as So Delicious brand, or plain unsweetened almond milk yogurt alternative, such as Kite Hill brand  
3 scoops Vital Farms Collagen Peptides  
vanilla-flavored stevia, to taste  
1 tablespoon ground cinnamon  
1 cup organic berries of your choice  
½ apple, chopped  
¾ cup granola, optional

### **No Grain-ola Ingredients:**

2 tablespoons unsweetened shredded coconut  
2 tablespoons chia seeds  
2 tablespoons pumpkin seeds  
2 tablespoons sunflower seeds  
2 tablespoons cacao nibs  
2 tablespoons goji berries

### **Directions:**

In a mixing bowl, stir together the coconut yogurt and collagen peptides until thoroughly blended. Stir in just enough stevia to sweeten to taste. Stir in the coconut.

Evenly divide the yogurt mixture between two Mason jars or other glass containers. Distribute the apple and berries on top.

In a separate bowl, stir together all the No-Grainola ingredients. Sprinkle the No-Grainola on top of the fruit in each container; or, alternatively, use regular granola. Serve immediately, or cover and refrigerate until serving.