



Coconut Pomegranate Parfait

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Ingredients

Granola:

- 2 cups organic whole rolled oats
- 1/4 cup hemp hearts
- 1/3 cup walnuts, chopped
- 1/3 cup pecans, chopped
- 1/4 cup raw unsalted sunflower seeds
- 2 tbsp coconut oil
- 1/2 scoop Vega Natural Protein Powder
- 2 tbsp honey

Yogurt:

- 3/4 cup Yoso Vanilla Cultured Coconut Yogurt
- 2 tbsp full fat canned coconut milk (or light)

- 2/3 cup pomegranate arils

Preparation

Preheat oven to 400 F. Mix together the rolled oats, seeds and nuts. Melt coconut oil over stovetop or in microwave for 30 s and stir protein powder into coconut oil. Pour over seed-nut-oat mixture and stir well. Melt honey in microwave 15 seconds, then mix into granola. Layer a baking sheet with parchment paper and spread granola on top. Bake for 5 minutes, stir, then bake 3 more minutes and remove from heat. Set aside and allow to cool. Store in jars in the fridge to keep fresh.

Whisk together the yogurt and coconut milk. Make sure to blend in all the coconut fat!

Layer in clear one-cup glasses a few spoonfuls of yogurt, then granola, then pomegranate seeds. Layer until you've reached the top of the glass. Enjoy by the heaping spoonful!

