

Vanilla Berry Chia Oat Parfait

Recipe by Lauren Kretzer (www.laurenkretzer.com; Instagram @lauren_kretzer)

Serves 2

Ingredients:

½ cup cashews (soaked overnight, if not using a high speed blender)

¼ cup pitted dates, coarsely chopped

1 tsp vanilla extract

¼ tsp salt

¼ tsp ground cinnamon

1 ½ cups water

½ cup old fashioned rolled oats

3 Tbsp chia seeds

1 ½ cups mixed berries (such as blueberries, strawberries, raspberries and blackberries)

Instructions:

In a blender, add cashews, dates, vanilla extract, salt, cinnamon and water. Blend on high until completely smooth, about 1 minute. Set aside.

In a medium bowl, add rolled oats and chia seeds. Whisk to combine. Pour in cashew date milk on top of the chia oat mixture and stir to combine. Let mixture stand for 10 minutes, stirring once or twice to prevent clumping. Cover tightly and transfer to refrigerator – let chill for at least 5 hours or overnight. The chia oat mixture should thicken substantially.

When ready to serve, layer a heaping 1/3 cup of berries at the bottom of a glass tumbler. Add ½ cup of chia oat mixture, and repeat to form an additional layer of berries and chia oat mixture. Serve immediately. Reserve remaining ingredients to form a second parfait for a future breakfast.