



Mindful Nutrition Coach™
NUTRITION BEYOND THE PLATE

Warm Fruit Layered Parfait

Ingredients

Base (choose your fruit):

- 3 cups cubed fruit of choice:
 - Watermelon
 - Mixed Berries
 - Honeydew
 - Peaches (firm, diced)
 - Pineapple (small cubes)

To sauté:

- 1 tbsp coconut oil
- 1–2 tbsp maple syrup, agave, or honey
- 1 tsp fresh lime or lemon zest (optional)

Cream Layer:

- 1 cup dairy-free yogurt (coconut, almond, vanilla, or berry-flavored)

Crunch Layer (choose one):

- ½ cup granola
- Toasted buckwheat groats
- Toasted coconut flakes
- Crushed pistachios, almonds, walnuts, or pumpkin seeds



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Extras (optional):

- Fresh mint or basil
- Chia seeds
- Hemp hearts
- Shredded coconut

Directions

1. In a skillet over medium heat, melt the coconut oil.
2. Add your chosen fruit and sauté for 2–4 minutes, just until warmed and lightly softened.
3. Stir in maple syrup (or your preferred sweetener) and cook for another minute so the fruit becomes lightly glossy. Add citrus zest if desired.
4. Remove from heat and allow the fruit to cool until lukewarm.
5. Layer yogurt, warm fruit, and your chosen crunchy topping in parfait glasses or bowls.
6. Repeat layers and finish with a spoonful of yogurt.
7. Top with nuts, seeds, herbs, or coconut flakes.
8. Chill briefly or serve right away.

Why You'll Want to Make This Parfait

This layered fruit parfait is more than just a dessert—it's a nourishing choice that satisfies your sweet cravings while supporting your body. By replacing traditional sugary, dairy-heavy desserts with hydrating fruit, creamy dairy-free yogurt, and fiber-rich nuts or seeds, you get a treat that helps digestion, stabilizes energy, and delivers antioxidants and healthy fats. It's quick to make, visually beautiful, and perfect for mindful eating—so you can enjoy indulgence without guilt, and nutrition that goes beyond the plate.



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