

Morning Parfait

Ingredients

Blackberries, washed and dried
½ tsp raw sugar
Organic Greek yogurt (plain) or organic cottage cheese
Peach or nectarine, peeled and sliced
Roasted, unsalted pistachios, coarsely chopped

Preparation

1. In a small mixing bowl, mash blackberries and sugar into a puree
2. Assemble the parfait in a serving glass/bowl in the following order:
 - Blackberry puree
 - Yogurt or cottage cheese
 - Peaches or nectarines
 - Pistachios

Notes

Use a good quality, organic pasture-raised yogurt or cottage cheese. My favorites are Good Culture cottage cheese and Wallaby organic Greek yogurt.

Feel free to substitute other fruits, berries, and nuts according to your taste.