

Greek Yogurt Berry Cheesecake Parfaits

Crust Ingredients:

- ¼ c. raw almonds
- ¼ c. raw pecans
- 3 pitted dates, roughly chopped
- ¼ t. ground cinnamon, plus more for garnish

Cheesecake Ingredients:

- 4 oz. cream cheese, room temperature
- 1 c. full-fat Greek yogurt
- 3 T. honey, preferably local (or maple syrup)
- 1 t. real vanilla extract
- 1 c. strawberries, chopped
- 1 c. raspberries
- ½ c. blueberries

Prep time: 10 minutes

Chilling time: 2 hours

Serves: 4

Directions:

1. In the bowl of a food processor, combine almonds, pecans, dates, and cinnamon. Pulse until the mixture starts to form a ball and the nuts are nicely broken down. Divide the nut crust between 4 individual serving dishes or jars and set aside
2. In a large mixing bowl, beat the cream cheese, Greek yogurt, honey, and vanilla with an electric mixer until smooth. Set aside.

Tip: If cream cheese isn't fully softened, beat it first before adding the other ingredients.

3. Divide half of the cheesecake mixture between the 4 serving dishes or jars and divide half of the berries among the individual dishes. Repeat this process with remaining cheesecake mixture and fresh berries.
4. Place the parfaits in the refrigerator for at least 2 hours to chill. To serve, garnish with ground cinnamon or an extra drizzle of honey, if desired. Enjoy!



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