

RECIPE

Avocado Basil Yogurt Parfait & Savory Parfait Variations

1 serving

Ingredients

1/4 cup fresh diced avocado
1 teaspoon olive oil
1/4 teaspoon fresh lime juice
1/8 teaspoon fresh cracked black pepper
3/4 cup whole milk yogurt
1 teaspoon fresh chopped basil
1 teaspoon pumpkin seeds

For the Everything Bagel Yogurt Parfait:

1 teaspoon roasted garlic oil
3/4 cup whole milk yogurt
1/4 teaspoon poppy seeds
1/4 teaspoon dehydrated onion flakes
1/4 teaspoon sesame seeds
1 teaspoon pine nuts

For the Caprese Basil Parfait:

3/4 cup whole milk yogurt
2 tablespoons fresh, halved cherry tomatoes
1 teaspoon fresh chopped basil
1 teaspoon pine nuts
1/2 teaspoon roasted garlic oil

For the Roasted Garlic Oil:

1 tablespoon fresh, peeled garlic cloves
1/3 cup olive oil

For the Garlic Oil: In a small sauce pan, add the garlic and oil. Slowly bring the to the slight simmer. Simmer on low for 30 minutes. Remove the garlic oil from the heat and place into the blast chiller or cooler to cool. Refrigerate until ready to use.

Directions

- For the Avocado Basil Yogurt Parfait:** In a small mixing bowl, toss the fresh avocado, olive oil, lime juice, and cracked pepper. Scoop 3/4 cup of whole milk yogurt into the bottom of a bowl or parfait cup. Top the yogurt with avocado mixture and garnish with 1 teaspoon of each fresh basil and pumpkin seeds.
- For the Everything Bagel Parfait:** Scoop 3/4 cup of whole milk yogurt into the bottom of a bowl or parfait cup. Top the yogurt with 1 teaspoon roasted garlic oil, 1/4 teaspoon of each poppy seeds, dehydrated onion flakes, and toasted sesame seeds. Garnish with 1 teaspoon pine nuts.
- For the Caprese Basil Parfait:** Scoop 3/4 cup of whole milk yogurt into the bottom of a bowl or parfait cup. On top of the yogurt, layer 2 tablespoons cherry tomatoes, 1 teaspoon fresh chopped basil, and 1 teaspoon pine nuts. Garnish with 1/2 teaspoon roasted garlic oil.

Avocado Basil:

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
263	19	6	16	11	3	128

Everything Bagel:

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
279	21	5	13	10	1	129

Caprese Basil:

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
214	14	4	13	9	1	126