**Oat Yogurt Parfaits**

**2 servings**

**2-3 day prep time**

• 4 cups filtered water

• 2 ½ cups gluten free oat groats, steel cut or rolled oats

• ½ cup unsweetened coconut shreds

• 4 brazil nuts

• 1 tsp vanilla bean or extract

• 1 tsp cinnamon or cinnamon chips

• ½ tsp Himalayan salt

**topping additions:**

• 1 cup local, seasonal fruit (if possible)

• 2 T raw nut butter

• 1 T raisins

• 1 T hemp seeds

• 1 T sunflower seeds

• 1 T cacao nibz

**optional additions:**

• ⅓ cup local honey, stevia, maple syrup or medjool dates

• 1 T cacao powder

• 1 tsp maca

• ¼ tsp cardamom

• ¼ tsp nutmeg

• Grind oat groats, steel cut, rolled oats cut oats into flour using a high speed blender, grain mill or food processor.

• Soak oat grinds/flour overnight. Be sure to leave a little water for the oats to absorb.

• Blend the soaked oats with 4 cups of water and remaining ingredients. Add in any optional additions here. Save the toppings for later.

• Add the blended consistency into a large sealable container and cover using a plate, coffee filter or cheesecloth with a rubber band.

• Allow oat mixture to ferment in a warm or sunny spot in your home for the next 2-3 days. Depending on sour preference end the process at anytime as long as 12 hours was granted to ferment.

• Once ready to eat add in parfait toppings. Enjoy!

*Tips:*

• We prefer our yogurt on the sour side. We let it go for 3 days including the first 12 hour soak. It also depends on your climate how fast the process will go and the home you live in.

• If you’re feeling creative blend in fresh fruit after the fermentation process to give it a specific flavor or simply meal prep your parfaits mixing in frozen or fresh fruit the night before.