**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.