

# MIXED BERRY PARFAIT

*Homeade Cashew Cream and  
Fresh Berries*

1 cup soaked cashews  
1 tsp. vanilla  
½ ripe avocado  
½ cup coconut water  
1 cup mixed berries of your choice.

## instructions

1. set your berries aside in a bowl, clean and ready to layer with the cream.
2. in a blender put in the cashews, avocado vanilla and about ¼ cup coconut water. save the other ¼ cup just in case you need to thin out the cream. blend up the ingredients until you get a fluffy airy consistency. if the cream has any chunks or is too heavy like a pudding add a little more coconut water only about a 1 tbsp. at a time it can thin out quick.
3. now that you have your cream ready get a glass and layer berries and cream.

