

Lemon Meringue Oat Parfait



TOTAL TIME

5 mins



COURSE

Breakfast, Dessert, Dinner, Lunch, Shakes



SERVINGS

1 serving

CALORIES

427 kcal

INGREDIENTS

- $\frac{1}{2}$ c white sugar
- 1 Tbsp cornstarch
- $\frac{1}{2}$ c soy milk or other plant-based milk for soy-free
- $\frac{1}{4}$ c fresh lemon juice (about 2 lemons)
- 2 tsps lemon zest (from about 1 lemon)
- $\frac{1}{8}$ tsp turmeric optional for color
- 3 $\frac{1}{2}$ c oats cooked and cooled
- 3 $\frac{1}{2}$ c Kite hill greek yogurt or other plant-based yogurt for soy free
- 2 tsp vanilla
- 1 $\frac{3}{4}$ c soy crispies or pea protein puffs/crispies for soy-free

INSTRUCTIONS

1. In a small pot, whisk together the sugar and cornstarch. Now mix in the non-dairy milk, lemon juice, lemon zest, and turmeric. Put over medium heat, whisking frequently, until the curd thickens, about 5 minutes. You may need to whisk vigorously as it thickens to ensure a smooth curd.

2. Remove from heat and pour into a heat safe container to cool. Enjoy warm or store in the fridge for up to 1 week. It will thicken more as it cools.
3. Layer in each of 7 cs or glasses with covers: $\frac{1}{4}$ c cooked oats, 4 Tbsp yogurt, 1 Tbsp lemon curd, 2 Tbsp soy crispies, $\frac{1}{4}$ c cooked oats, 4 Tbsp yogurt, 1 Tbsp lemon curd, 2 Tbsp soy crispies.
4. Cover and store in the fridge.

NUTRITION

Nutrition Facts

Lemon Meringue Oat Parfait

Amount Per Serving (1 serving)

Calories	427	Calories from Fat	72
% Daily Value*			
Fat	8g		12%
Carbohydrates	48g		16%
Protein	39g		78%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!