

## CANDY CORN PARFAIT

**SERVES: 8** (1 parfait each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1

<b>1 cup</b>	<b>coconut cream, unsweetened, chilled in back of refrigerator overnight (or in the freezer for 1 hour)</b>
<b>1 Tbsp.</b>	<b>pure maple syrup</b>
<b>1 pinch</b>	<b>sea salt (or Himalayan salt)</b>
<b>½ tsp.</b>	<b>pure vanilla extract</b>
<b>4 cups</b>	<b>bite-sized chunks of fresh pineapple (approx. 1 medium pineapple) (or 20-oz. canned pineapple chunks in juice, drained)</b>
<b>2 cups</b>	<b>canned mandarin oranges in their own juice, drained (about 24 oz. before draining)</b>
<b>8 pieces</b>	<b>candy corn</b>

1. Remove all liquid from coconut cream.
2. Place coconut cream, maple syrup, salt, and extract in a large mixing bowl; beat with a mixer (or whisk) until stiff peaks form. (If you are whisking by hand, it may take 5 minutes, but don't give up.) Set aside.
3. Spoon pineapple evenly into the bottom of eight clear glasses, then arrange the mandarin oranges evenly on top.
4. Top each glass with a dollop of whipped coconut cream and a piece of candy corn and serve!

### TIPS:

- Make sure you are using pure, unsweetened coconut cream.
- This recipe works best if coconut cream is really cold, and mixing bowl and beaters have been refrigerated for an hour. Place coconut cream in the back of your refrigerator, where it is the coldest.
- Make sure you select canned mandarins that are in their own juice and not in syrup.

### COOK'S NOTE:

You can swap the canned mandarin oranges for fresh clementines or tangerines. With a sharp pairing knife, cut off the top and bottom of the rind to get to the fruit, then follow the contours with your knife to remove the remaining rind in vertical strokes. Cut between the segments to release the fruit in beautiful, jewel-like pieces.

**NUTRITIONAL INFORMATION** (per serving): Calories: 161 Total Fat: 10 g Saturated Fat: 9 g Cholesterol: 0 mg Sodium: 44 mg Carbohydrates: 18 g Fiber: 2 g Sugars: 13 g Protein: 2 g