

# Berry Coconut Parfait

Optimize your gut health with this Berry Coconut Parfait. This sugar-free treat is loaded with probiotics and postbiotics to help replenish the gut flora and support immune function.

Combined with **CanPrev's Post-Biotik Immunobiotics**, each serving contains a natural blend of enzymes, metabolites, and other bioactive compounds that support the immune response and nourish the good bacteria in the gastrointestinal tract. Enjoy as a nourishing breakfast, snack, or dessert!



Preparation time: 15 mins | Servings: 2



## Ingredients

- 1 cup unsweetened Greek yogurt
- 8 large strawberries, diced
- ¼ cup shredded unsweetened coconut
- 2 tbsp ground white chia seeds
- 2 tbsp ground flaxseed
- 1 tbsp coconut flour
- ½ tsp stevia extract
- ⅛ tsp vanilla extract
- 2 tbsp sugar-free syrup of choice
- 2 capsules Post-Biotik Immunobiotics, opened

## Method

1. Combine dry ingredients in a bowl, and set aside.
2. In a separate bowl, combine the Greek yogurt, stevia extract, and vanilla extract. Stir in the Post-Biotiks.
3. Divide the dry and wet ingredients into two glass serving jars and begin layering the parfait by alternating between 1 tbsp diced strawberries, 2 tbsp Greek yogurt mixture and ½ tbsp of sugar-free syrup. Top with remaining strawberries to garnish.
4. Enjoy immediately or chill until ready to enjoy. The coconut, flax and chia mixture will continue to absorb some moisture, forming a bread pudding-like layer.
5. Enjoy!

**Storage Instructions:** Store in an airtight container in the refrigerator for up to 2 days.

## Featured Products



## Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

