

Berry Parfait



Ready in 20 minutes

Serves 1

Ingredients

- 0.5 oz Mango Crystals
- 1 oz Raspberry Crystals
- 0.5 oz Blackberry Crystals
- 3 oz vegan cream cheese
- 1/8 cup nut mylk
- 1 tablespoon coconut sugar
- 1 lime, juiced

Preparation

1. With a mixer, whip together cream cheese with nut mylk and coconut sugar. Set aside.
2. Mix Mango Crystals with 1 tablespoon lime juice and 2 tablespoons water.
3. Mix Blackberry Crystals with 3 tablespoons of water and a bit of lime juice.
4. Mix Raspberry Crystals with 3 tablespoons water and a splash of lime juice.
5. Layer in a tall glass starting with the cream cheese whip.