

# Coconut Yogurt Parfaits



By Chef Amanda DeLaura

The sun rises through the window and the smell of freshly cracked cardamom reminds me of long hours drinking chai in Goa, India. If only all mornings could be that peaceful. I bring my blueberries to a boil, let them cool and then plate myself a heaping breakfast parfait. I make a second parfait for tomorrow morning's breakfast and place it in the fridge. Bon appétit!

Makes 2 servings

Ingredients:

## BLUEBERRY SAUCE

1 cup blueberries  
2 Tbsp water  
1 tsp maple syrup  
squeeze of lemon juice

## PARFAIT

2 [Cocojune unsweetened yogurts](#)

2 Tbsp maple syrup

4 cardamom seeds\*

1/4 tsp vanilla extract

2 Tbsp pistachios, *chopped*

Fresh mint, *for garnish*

### Directions:

1. Place the blueberries, water, maple syrup, and lemon juice into a small sauce pan and bring to a boil over medium-high heat, crushing the blueberries with a spoon or spatula as it heats. Once your mixture has begun to boil, let it boil for two to three minutes, until the excess juice begins to thicken and remove from heat. Let cool.
2. Meanwhile, combine the yogurts with the maple syrup, cardamom seeds, and vanilla extract.
3. Portion into two bowls or containers if preparing ahead and top with cooled blueberry sauce. Sprinkle pistachios over yogurt and garnish with a fresh sprig of mint if desired.

\*NOTE: Do not use the whole cardamom pod! The four seeds will be plenty potent in flavor.