

# Red, White and Blue Parfaits

Blueberries  
Raspberries and/or Strawberries  
Bananas  
Shredded sugar free coconut - optional  
Granola - optional  
1 can full fat coconut milk

## Coconut Cream Whipped Cream

1 can full fat coconut milk chilled in the refrigerator (turn the can upside down in the fridge so that when you open it all of the cream is on the top and the liquid is on the bottom) Drain off the liquid and save it for smoothies.



Using a hand mixer or a stand-alone mixer, whip the coconut cream until stiff peaks form. Add 1/8 to 1/4 cup sweetener of your choice such as, honey, maple syrup or agave. You can also add vanilla if desired.

Layer the berries, bananas, granola and coconut cream in clear glasses. Top with granola and shredded coconut.

Recipe by Tonya Judd