



Stick with it this SUMMER

S'Mores Parfaits

What says “summer” more than S'Mores? These individual parfaits are easy to make (don't let the long ingredient list deter you! They really are simple to put together). They're also perfect for sharing with friends and family. To streamline the prep even more, you can make this as a single pie, too (see variation at the end of the recipe).

INGREDIENTS

For the “Marshmallow” Fluff:

- 1 cup (240 ml) raw cashews (dry)
- 2/3 cup (160 ml) full-fat canned coconut milk (stir together before using if the fat separates at the top of the can)
- 1 cup (240 ml) unsweetened oat, cashew, or almond milk
- 1 Tbsp (15 ml) pure vanilla extract
- 1/3 cup (80 ml) xylitol or dry sweetener of choice (Lakanto, erythritol, coconut sugar, etc)
- Pinch fine sea salt
- 1/4 cup (60 ml) whole chia seeds (use white seeds for a true marshmallow look)

For the “Graham Cracker” Crumb Layer:

- 1/2 cup (120 ml) raw walnut pieces or halves
- 1/4 cup (60 ml) raw shelled hemp seeds (hemp hearts)
- 4 tsp (20 ml) lucuma powder or 2 tsp (10 ml) carob powder
- 2 Tbsp (30 ml) xylitol or dry sweetener of choice (Lakanto, erythritol, coconut sugar, etc)
- 1/8 tsp (.05 ml) fine sea salt
- 2-1/2 Tbsp (37.5 ml) coconut flour
- 1 tsp (5 ml) ground cinnamon
- 2 tsp (10 ml) pure vanilla extract
- 1-2 Tbsp (15-30 ml) unsweetened oat, cashew, or almond milk



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For the Chocolate Drizzle:

- 6 Tbsp (90 ml) sugar free chocolate chips (I used Lilys)
- 2 Tbsp (30 ml) coconut oil
- 2 Tbsp (30 ml) unsweetened almond, cashew, or sunflower seed butter
- Stevia, to taste (optional)

INSTRUCTIONS

Set out 6 small parfait glasses or ramekins, or an 8-inch (20 cm) pie plate.

Make the marshmallow fluff: In a high-speed blender (such as a Vitamix or Blendtec) blend all fluff ingredients until perfectly smooth. It should thicken up a bit, but still be loose enough to pour, similar to a pancake batter. Set aside.

If using a regular blender, first soak the cashews in boiling water for 5 minutes. Strain and add to blender. Add the coconut milk, oat milk, vanilla, xylitol, and salt and blend until perfectly smooth. Grind the chia seeds in a coffee or spice grinder until powdered. Add to the blender and blend just until incorporated. Set aside.

Make the “graham cracker” crumbs: In a small food processor or Magic Bullet, grind the walnuts, hemp seeds, lucuma, salt, coconut flour, xylitol, and cinnamon until powdered and no pieces of nut are visible. Drizzle the vanilla and milk over all and pulse just until it comes together in moist crumbs. Set aside.

Make the chocolate drizzle: In a small pot over lowest possible heat, melt the chips, coconut oil and nut butter, stirring constantly. When smooth, remove from heat and taste. If it’s not sweet enough, add a drop of stevia, if desired.

Assemble the parfaits: Take about 2 Tbsp (30 ml) of the crumbs and set aside. Then distribute half of the remaining crumb mixture evenly among your parfait glasses (I used 1-2 tsp (5-10 ml) in each; but it will depend on the size of your glasses). Then use about half the marshmallow fluff and cover each of the crumb layers. Drizzle with about half the chocolate mixture.



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Repeat another layer of crumbs, then fluff. Top with the reserved 2 Tbsp (30 ml) of the crumbs before drizzling the remaining chocolate over the tops.

Allow to firm up in the refrigerator at least 4 hours, preferably overnight (the fluff will become firm and marshmallowy over time). Serve. Makes 6 servings.

Easy-as-pie variation: Instead of parfait glasses, line a pie plate with parchment or spray with nonstick spray. Use all but 2 Tbsp (30 ml) of the crumbs as a crust on the bottom (pat it into place with your fingers; if it's too dry, mix with another 1 Tbsp/15 ml milk first). Top with all the marshmallow fluff. Sprinkle with the remaining crumbs, then drizzle with chocolate. Refrigerate at least 6 hours before serving (note that this is meant to be light and mousse-like, so it may not cut into perfect slices, but will be more like a trifle to serve).

Not suitable for freezing.