

Raw Recipe – Parfait

Ingredients:

- 8 bananas, peeled and frozen
- 2 mangoes, peeled, chopped and frozen
- 1 bag of frozen black berries
- 1 bag of red raspberries
- coconut milk or coconut water, as needed for consistency
- shavings of dark chocolate, if permitted

Directions:

Process half the bananas, the mangoes and blackberries in the Vita Mix (a strong processor may work) with just enough coconut water to make a thick ice cream. Pour it among 8 wine stems.

Process the rest of the bananas with the red raspberries and coconut water as above and pour into the wine stems for the second layer.

Top with shaved dark chocolate.