

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Peanut Butter Crumble Yogurt Parfaits

From www.howsweeteats.com

Serves 2

Cookie dough bites

3/4 cup quick oats
1/2 cup almond or peanut flour
1/2 cup vanilla protein powder
1/2 tablespoon cinnamon
1/3 cup creamy peanut butter
1/4 cup honey
1 teaspoon vanilla extract

Yogurt parfaits

1 cup plain Greek yogurt
2 tablespoons creamy peanut butter
1 tablespoon honey
1/4 cup toasted unsweetened coconut
1 tablespoon molasses
pinch of sea salt

For the cookie dough bites:

1. Place the oats in a food processor and pulse until they are finely ground. Place them in a mixing bowl and add in the almond flour, protein powder, cinnamon and peanut butter. Mix well to combine.
2. Add the honey and vanilla extract, mixing well. Begin to bring the mixture together with your hands and shape it into 1-inch balls. Place them on a parchment sheet lined baking sheet. Freeze for about 30 minutes until they are set. They can be stored in a Ziploc bag here until ready to use.

For the yogurt parfaits:

1. Whisk together the yogurt, peanut butter and honey until smooth. Transfer the mixture to bowls. Layer the yogurt mixture with some of the crumbled cookie dough bites. Drizzle with the molasses and top with the toasted coconut and sea salt. Serve immediately.