

# Coconut Yogurt Parfait

3 ingredients · 5 minutes · 1 serving



## Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Nut-Free

Use sunflower seeds instead of walnuts.

### Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

## Ingredients

**225 grams** Unsweetened Coconut Yogurt (divided)

**15 grams** Walnuts (roughly chopped, divided)

**72 grams** Strawberries (chopped, divided)

## Nutrition

Amount per serving

<b>Calories</b>	231	Vitamin D	0IU
<b>Fat</b>	17g	Vitamin E	0mg
<b>Carbs</b>	20g	Vitamin K	2µg
Fiber	5g	Thiamine	0.1mg
Sugar	5g	Riboflavin	0mg
<b>Protein</b>	4g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	51mg	Folate	32µg
Potassium	176mg	Vitamin B12	2.7µg
Vitamin A	9IU	Phosphorous	69mg
Vitamin C	43mg	Magnesium	33mg
Calcium	526mg	Zinc	1mg
Iron	1mg	Selenium	1µg