Avocado-Lime-Coconut Parfaits

Serves 4

Ingredients

Avocado Mousse

1 large or 2 small avocados from Mexico

Juice and zest of 1 lime

½ cup (125 ml) coconut yogurt (2% or more)

1 teaspoon (5 ml) honey

Pinch of salt

Base

2 ½ cups (625 ml) Graham cracker crumbs (honey or plain flavors)

2 tablespoons (30 ml) melted butter

1 tablespoon (15 ml) honey

Pinch of salt

Additional Layers

1 cup (250 ml) coconut yogurt

Toppings

Toasted coconut flakes, Graham cracker crumbs, lime zest

Preparation

1. For the base layer, melt the butter in a microwave-safe bowl. Add the Graham cracker crumbs, honey, and salt.

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Mix until well combined, then set aside for assembly.

2. For the avocado mousse: In a blender or food processor, combine avocados, lime juice and zest (reserving some zest for garnish), coconut yogurt, honey, and salt. Blend until smooth.

3. Arrange four transparent parfait glasses. Line the bottom of each glass with Graham cracker crumbs, pressing down to form a solid base. Reserve a small amount of crumbs for garnish.

4. Next, alternate layers of avocado mousse and coconut yogurt. Top with toasted coconut flakes, remaining Graham cracker crumbs, and lime zest.