



## Berries & Cream

### Ingredients

2 cups strawberries

2 cups blueberries

1/2 can full fat coconut cream

1/2 cup full fat plain Greek yogurt

1 TBSP maple syrup, or to taste

1 tsp vanilla extract

### Directions:

1. Wash berries; Cut strawberries into small pieces
2. In a bowl, whisk together yogurt, coconut cream, maple syrup, and vanilla
3. In a glass baking dish or individual cups, alternate between layers of fresh berries and cream of choice
4. Allow to set in the fridge for at least one hour
5. Serve and enjoy!

### Cookware needed:

Baking dish or individual cups

Large bowl

Whisk

Cost:



Ease:



**Health Benefit:** Greek yogurt is high in protein to help keep you fuller for longer. Coconut cream contains healthy fats for brain health. Berries are rich in vitamins and minerals for overall health.