

PERSIMMON & POMEGRANATE FRUIT PARFAIT WITH TOASTED COCONUT



DIFFICULTY
MODERATE



TIME
30-40 MIN



SERVES
4

INGREDIENTS

- 2 large Fuyu persimmons
- 3 blood oranges, segments removed
- 3 kiwis, peeled and sliced width-wise
- 1/3 cup pomegranate seeds
- Juice of one lime
- 1/2 cup toasted coconut flakes (unsweetened)
- 1/4 cup chopped toasted pecans
- 2 cups yogurt of choice
- Optional: granola

DIRECTIONS

1. Cut the persimmons in half and remove the core with a small paring knife. Leave the skin on and slice the persimmons into thick slices.
2. In a large bowl, toss the persimmons with the rest of the fruit and the lime juice.
3. Place 1/4 cup of the yogurt in four cups or parfait dishes. Spoon a large portion of the fruit mixture over the top. Sprinkle with the coconut flakes and pecans.
4. Repeat this step with the remaining ingredients and serve immediately or store the parfait cups in the fridge for 24-48 hours.

Optional to add granola to each layer of the parfait cups.

NUTRITION FACTS PER SERVING

Calories: 393 **Fat:** 14.9g (Saturated Fat: 8g) **Carbohydrates:** 52.8g **Fiber:** 8.7g **Sugar:** 35.7g
Protein: 13.3g **Sodium:** 69mg



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