

# Chocolate Granola Parfait

## INGREDIENTS

### **Granola**

- 1 ½ cups chopped raw pecans**
- 1 cup chopped raw hazelnuts**
- ¼ cup unsweetened shredded coconut**
- ¼ cup hemp hearts**
- ¼ cup flax seeds**
- ¼ cup coconut sugar**
- ¼ cup cocoa powder**
- 1 ½ cups riced cauliflower**
- ¼ cup clarified butter (can use regular butter or coconut oil)**

- ¼ cup natural peanut butter (or other nut butter)**

- ¼ cup agave nectar**
- ½ cup 60% cacao dark chocolate chips**

### **Parfait**

- 3 cups whole-milk yogurt**
- Optional: banana slices, fresh berries, 3 tbsp natural nut butter**

1. Position racks in the middle and top of the oven; preheat to 350°. Line a baking sheet with parchment paper.
2. Combine first 7 ingredients in a large bowl. Add the riced cauliflower and stir until well combined.
3. In a medium-sized saucepan over medium heat, whisk together the clarified butter, peanut butter and agave nectar; once well mixed and slightly thickened (about 2 minutes), remove from the heat.
4. Pour the wet ingredients over the dry ones and fold in until everything is completely coated. Spread in a single layer on the prepared baking sheet (may be slightly clumpy).

## *Chocolate Granola Parfait*

5. Bake 15 minutes on the middle rack. Use a spatula to gently stir, then bake another 7 minutes, or until the granola feels dry.
6. Move the sheet to the top rack and turn off the oven, keeping the door shut. Allow granola to completely dry and cool (about 30 minutes), then remove from oven and stir in the chocolate chips.
7. To assemble, layer the granola and yogurt in a parfait glass or cup and top with optional toppings. Will keep up to a week in the refrigerator when stored in an airtight container.

Yield: 4-6 servings

Source: Excerpted from *Cauliflower Power*  
by Lindsay Grimes Freedman (Workman)