



# CB&J

## *cake batter pudding parfaits with blueberry balsamic jam*

Prep time: 10 minutes, Cook time: 10 minutes, Serves 4

### **Blueberry Balsamic Compote**

Ingredients:

- 1 pint organic blueberries
- 1/4 good quality balsamic vinegar
- zest and juice of one lemon

Directions:

Combine all ingredients in a saucepan and cook on medium heat for 8 - 10 minutes or until a syrup has formed.

### **Cake Batter Pudding, Courtesy of The Whole Journey**

Ingredients:

- 1 heaping cup raw cashews, soaked for one hour and then drained
- 1 cup unsweetened almond milk
- 1 tsp vanilla extract
- 3 tbsp coconut butter (found near the nut butters in the baking aisle of health food stores)
- 1/2t. dark liquid stevia
- 1/4 tsp Himalayan or Celtic sea salt

Directions:

Blend all ingredients together in a food processor. Set aside.

### **Build the Parfaits!**

- 1 pint of blueberries
- 1 pint of strawberries sliced or diced

Put a few blueberries at the bottom of your serving dish. Add a layer of pudding then a layer of strawberries, another layer of pudding, blueberries, another layer of pudding, strawberries, and more blueberries and then a healthy spoonful of the compote.

Devour immediately. Refrigerate any leftover pudding to eat later.