

Food Babe's Key Lime Parfait



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	2

<https://foodbabe.com/key-lime-pie-parfaits-breakfast-healthy-dessert>

Ingredients:

- 2 avocados, peeled and pitted
- ¼ cup coconut milk
- 1 lime, juiced
- 2 tablespoons maple syrup - grade B
- 1 pinch sea salt
- 1 cup granola of choice

Instructions:

1. Place all of the ingredients in a blender except the granola and blend until smooth.
2. To serve, place ¼ cup granola in a cup and top with ¼ cup key lime pie mousse. Repeat the granola and mousse layers once more. Enjoy!

Notes:

- Please use all organic ingredients if possible.