

A mostly berry dessert.



It is not cooked like a regular compote and does not need to be served immediately.

Here are the main ingredients but feel free to adjust to your liking:

- maple syrup
- milled flaxseed
- nuts (walnuts, pecans and almonds)
- yogurt (full fat plain or vanilla)
- frozen berries (blueberries, blackberries, raspberries, strawberries) and frozen black cherries
- Kefir (plain or flavoured)

## **Single Serving**

In a small (~1 cup) dessert bowl pour enough maple syrup to cover the bottom then add 2 level tablespoons of the milled flaxseed, a heaping teaspoon of walnut pieces and another of almond slivers; stir to wet the flaxseed and blend the nuts to form a paste. Leave on the counter or refrigerate until ready to finish dessert.

When ready add  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of yogurt then  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of frozen berries to fill the bowl. Leave on the counter or refrigerate until ready to finish dessert.

Top that off with 4-5 seedless green grapes, a  $\frac{1}{4}$  cup of Kefir and 3-4 pecans halves. Leave on the counter until ready to serve. The slightly thawed berries provide some crunch; the extra chilled yogurt (from the frozen berries) can have the consistency of ice cream or meringue.

Sprinkle some cinnamon sugar, dried spearmint or marmalade on top of that if there's room.

That's it.