



Simple | Healthy | Delicious

Honeyed Grapefruit Yogurt Parfait with Popped Amaranth



INGREDIENTS

1/2 cup wide-flake unsweetened coconut

1 grapefruit

1 cup plain yogurt

1/4 cup raw Nature's Earthly Choice Amaranth

4 teaspoons honey

DIRECTIONS:

1. Preheat the oven to 350°F and toast the coconut until golden brown and fragrant, about 5-7 minutes.
2. To segment the grapefruit, trim off the top and bottom of the grapefruit so each end is flat. Place the edge of a sharp knife just inside the border where the pith meets the pulp and slice down and out, following the shape of the fruit. Repeat until the grapefruit is peeled. Then gently cut the segments of fruit with a sharp knife by slicing towards the core as close as possible to the membranes that separate the segments. Set segments aside.
3. To toast the amaranth, pour the dry grains (don't rinse) into a dry pan. Use a taller pan than you think you need as they have a real tendency to jump as they pop. Set the pan over medium-high heat until they gently pop, usually about 3 to 5 minutes. The grains won't grow in size, but they'll turn white like tiny beads of popcorn. Because of their small size, they can burn quickly so be sure to watch the pan closely. It's inevitable that not every single grain will pop. If you wait for them to do so, you'll likely burn the brunt of them, so if most of them have popped and some remain golden brown, call it quits and pull the pan off the heat. They'll be crunchy and delightful regardless.
4. To assemble parfaits, find two glasses that you particularly like — we use ball canning jars.
5. Spoon 1/4 cup yogurt into the bottom of each glass. Top with a few segments grapefruit, 1 tablespoon popped amaranth, 1 1/2 tablespoons toasted coconut and 1 teaspoon honey. Repeat to create another layer. Sprinkle the remaining coconut on top.
6. Enjoy soon after assembly. Don't assemble parfaits until ready to enjoy as the amaranth will get soggy if it sits amongst the yogurt and honey for too long.