



# Welcome To Our **Wellness Chefs** with Vegan Chef Sandi Morais



## **CASHEW PARFAIT FRUIT**

**Berries** are loaded with vitamins, minerals, fiber and antioxidants. They are great for snacks, making smoothies or a delicious dessert. Dragon fruit and kiwi are also a good source of fiber and vitamin C. My Cashew Parfait Fruit Bowl recipe is a wonderful way to enjoy the health benefits of berries, kiwi and dragon fruit. The Cashew Parfait Fruit Bowl can be made for Breakfast, Snack or Dessert.

### **Ingredients:**

#### **Cashew Cream**

1/2 cup water  
3/4 cup raw unsalted cashew nuts  
(soaked for 10 minutes)  
4-5 pitted dates

#### **Fruit Bowl:**

2 kiwis (peeled & sliced)  
1/2 cup organic strawberries  
1/2 cup organic raspberries  
1/2 cup organic blueberries  
1 small dragon fruit (peeled & sliced)  
(optional)

**Serves: 2**

**Prep Time - 10 minutes**

**Total Time - 10 minutes**



### **Method:**

**Step 1.** Drain off the water from the cashew nuts and discard the water.

**Step 2.** Put 1/2 cup of water into your Vitamix or high-speed blender. Add cashew nuts and dates. Blend to a smooth creamy texture. If the cream is too thick you can add a little more water.

**Step 3.** Put dragon fruit slices, kiwi slices and berries into a bowl. Add cashew cream and enjoy. You can add chopped nuts if you desire.

Recipes by Sandi Morais, Celebrity Vegan Chef  
KUOMagazine's Snack It Up Journalist

**Website:** [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com)

**Facebook:** <https://www.facebook.com/sandi.morais.1>

**Instagram:** [https://www.instagram.com/sandi\\_vegancooking](https://www.instagram.com/sandi_vegancooking)

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