

Mango Parfait w/ Vanilla Cream

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 2 hours

Step 1: Preparing the Mango Paste

- 1 1/2 cups dried mangoes
- water, to cover

Place the dried mangoes in a bowl and fully cover with water. Soak for about 1 hour or until they are rehydrated and very soft.

Transfer the rehydrated mangoes to a high-speed blender. Begin processing, adding just as much of the soaking water as needed to make a thick paste. Blend until smooth.

Step 2: Making the Cashew Cream

- 2 cups raw cashews
- 1/4 cup apricot paste* or liquid sweetener
- 3/4 cup water, or coconut water
- 1/2 vanilla bean or 1 tsp vanilla extract
- pinch of sea salt

Place the cashews and apricot paste in a high-speed blender. Add the water along with the vanilla and salt and process until very smooth, scraping down the sides of the blender jar from time to time.

Transfer to a container, cover and refrigerate until ready to use.

Depending on the strength of your blender, the smoothness might vary, but try to get the mixture as smooth as your blender will allow.

*Note: Use sweetener or paste of choice.

Step 3: Assembling the Parfaits

- 1 1/2 cups fresh mangos, diced
- 1 1/2 cups fresh raspberries
- 2 cups cashew cream, chilled
- 1/2 cup slivered almonds, toasted (or granola)
- lemon zest, for garnish

To assemble the parfaits, place a layer of fresh mango in the bottom of a glass dessert coupe. Follow with a layer of cashew cream, then raspberries, and finally a layer of the mango purée. Repeat if necessary. Garnish each parfait with an equal portion of toasted almonds and a hint of lemon zest.

Transfer to the refrigerator for about an hour or until well-chilled.

Serve chilled.