

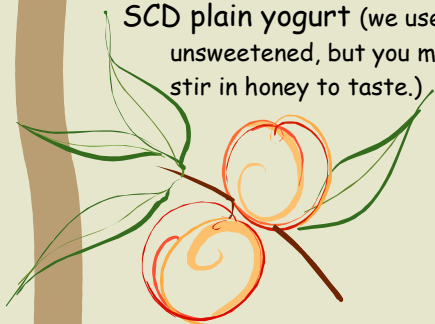
Try this elegant and interesting fruit parfait! It is inspired by a Greek fruit salad recipe and makes a rich and delicious dessert!



Dried Fruit Dessert Parfait

Serves 6-8

1/4 c. honey
1/3 c. warm water
1 c. cold water
3/4 c. SCD legal dried apricots
3/4 c. pitted dates
(unsweetened, cut in half)
3/4 c. pitted prunes
1/4 c. raisins
1/3 c. slivered blanched almonds
1/4 c. pistachio nuts
SCD plain yogurt (we used yogurt
unsweetened, but you may want to
stir in honey to taste.)



In a covered container, put honey and warm water. Stir to combine. Add cold water, apricots, dates, prunes and raisins. Stir, turning them in the liquid, adding more water, if necessary, to cover fruit.

Cover container and refrigerate at least 24 hours. When ready to serve, add almonds and pistachio nuts and stir to mix with the fruit. Serve with yogurt.

Alternatively, for a more elegant presentation, layer fruit, yogurt, nuts, fruit, yogurt and nuts in parfait glasses.