

## Breakfast Parfait

- 1/2 c plain [yogourt](#)
- 1/2 c [berries](#) or fruit cut bite size
- 1-2 t each ground [flax-seed](#), [hemp seed](#), [chia seed](#) and [cacao nibs](#)
- [cinnamon](#) powder, a few sprinkles
- 1 t [coconut](#) flakes, toasted (optional)
- 1/2 T [maple syrup](#)

Select a clear glass and layer the yogourt, berries and seeds. Insert a straw or chopstick down the side of the glass in two spots, making a slender tunnel, then carefully, slowly pour in some maple syrup. Refrigerate for 30 minutes.