Raspberry and Pumpkin Parfaits Recipe

Saturday mornings, I have a standard food-acquiring routine pretty much down. The farmer's market is perused through for all of the basics. Spring water is collected. If needed, specialty stores are stopped by…and 'Whole Foods Market' meets the tail end of the stretch with its add-ins of anything that I couldn't amass from the other locales. I'm purposeful at each stop. I know exactly what I want and where to find it. My overall 'game plan' is to stock up on the freshest, most nutritionally dense foods and still square it all up within our weekly budget. I go heavy on the greens, non-sweet fruits, and all varieties of veggies that will later meet with a transformation into some variety of smoothie, salad, steamed medley, or soup. It's all very satisfactory, yet repetitive…so when something extraordinary catches my attention, it tends to push my delight above and beyond the average. This week, the extraordinary catch was one size-able container of freshly picked, ruby-red raspberries.

The first time that I recall eating freshly picked strawberries left the type of impression that almost demands that I still think about it from time to time several years later. I questioned whether they were even strawberries. They were incredibly juicy and flavorful– entirely different from the less intense store-bought berries that I was up until then familiar with. Since then, I've developed a special interest in and appreciation for fruit that's been separated from the plant for only hours, as compared to days or weeks.

These particular raspberries paralleled the strawberry incident of '99 nicely. There were plenty savored alone, and there were handfuls more that melded into various edible blends throughout the weekend. The following is our favorite flavor……a concoction that highlights the current seasonal

flux– intertwining one of the last offerings of summer with a treasured fall staple. Enjoy!

(I don’t enjoy measuring, so I won’t be listing exact amounts– it’s a simple brew, however, and will likely turn out well if you adjust all amounts according to taste…)

Bottom (or top) crumble layer ingredients

- spoonful of coconut oil or ghee
- vanilla stevia (10-15 drops) (or unprocessed stevia powder and raw vanilla powder)
- coconut or almond flour (enough to make a creamy paste)
- sprouted flax, chia or hemp seed powder (mix in until crumble-like consistency)

Pumpkin blend

- pureed fresh pumpkin, or organic canned pumpkin
- cultured coconut (fermented at home, or store bought (I like So Delicious brand, unsweetened)
- vanilla stevia, to taste
- sea salt

Instructions

1. mix pumpkin blend well.
2. spoon out onto crumble mixture, or into bowl, adding crumble mixture over top.
3. sprinkle with raspberries.