Nut Butter, Yogurt, Fresh Fruit and Dried Fruit Topping

TIPS:

1. This recipe uses an almond, quinoa and flaxseed pancake as a base for the topping, which works great, though you can use the same topping on any kind of pancake, French toast, or waffle.

2. This recipe also uses **strawberries** and **blackberries** for **fresh fruit**, though **any kind of fresh fruit** will work as shown in these two pictures. As always, what you see here are only suggestions. Your imagination is your only limit.

mango & strawberry

kiwi

Preparation Time: About 2 minutes, not including time to cook the pancakes, French toast, or waffles

Ingredients

Cooked Pancake, **French Toast**, or **Waffle**

Nut Butter (I'm using almond butter, but any nut butter will work)

Yogurt (non-fat Greek yogurt has 2-3 times the protein as regular processed yogurt)

Fresh Fruit (strawberries and blackberries are shown here, but any fruit will work)

Favorite Dried Fruit (optional)

Whipped Cream

Equipment

Plate
Sharp (Paring) Knife
Table Knife
Tablespoon

1. Spread **nut butter** over **half the pancake**, and fold the **pancake** in half (if you're using **French toast** or a **waffle**, spread the **nut butter** over the entire piece without folding it in half).
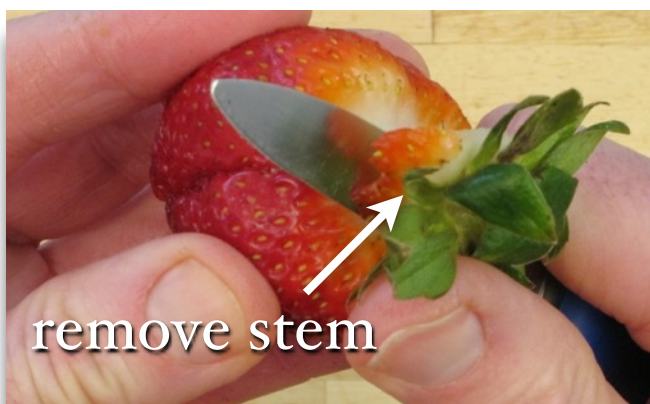

2. Top with **1-2 tablespoons of yogurt**.

3. Rinse **fresh fruit** in the sink, and then either...

...remove any **stems, seeds, or cores** and cut the **fruit** into smaller pieces as shown with this **strawberry**, or...

remove stem

cut in half

cut smaller pieces

...add those **fruits that don't need additional preparation** directly to the **yogurt** as shown with these **blackberries**.

4. Top with an optional (but excellently flavorful) **shot of whipped cream** and...

...your choice of **dried fruit** that either needs to be cut into smaller pieces, as shown with this **dried date**, or...

...can be added straight from the package like these **dried cranberries** until what you have looks about like...

...this.

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