

Warm Pineapple Coconut Topping Over Pancake with Nut Butter, Yogurt & Dried Fruit



Tip: This is an example of how I've used pineapple coconut - or any - fruit topping. Sure, you can do exactly as shown here, but the real purpose of what you see here is to inspire your

imagination to use warm pineapple coconut - or any fruit topping - to suit your personal taste.

Preparation Time: 5-10 minutes

Ingredients

(for 1)

Pineapple Coconut Topping

Pancake (I'm using a leftover pancake, but you can use a waffle, French toast or your favorite toasted bread or muffin)

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

Yogurt

Kefir (I'm using plain non-fat kefir, which is a probiotic yogurt drink)

Whipped Cream

Ground Flaxseed and Nutritional Yeast (you can use any grains or ground seeds)

1 Tablespoon Favorite Jam (I'm using a cookie spread)

1/2 Handful Favorite Dried Fruit (I'm using

raisins)



1. I spread **nut butter** and **cookie spread** on a **leftover pancake**...



...and then warmed the **topped pancake** in

the microwave oven for 30 seconds..



2. I topped the warmed pancake with 2 big spoons of warm pineapple coconut topping, 1 big tablespoon of plain non-fat Greek yogurt, a good shake of a mix of ground flaxseed and nutritional yeast,...



...a shot of plain non-fat kefir, a
tablespoon of whipped cream and some
raisins until what I had looked like...



...this.

