

No-bake Chocolate Cherry Parfait Cups



In partnership with our dear friends at [Maison LeGrand](#), we have created this Valentine's-themed recipe to fill your heart with joy and gratitude, while nourishing your body with nutrient-rich ingredients. And the cherry on top? You don't even have to share!

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 390

Fat 19

Carbohydrates 44

Fibre 6

Protein 9

Sodium 155

Ingredients

- 125 ml (½ cup) graham cracker crumbs
- 30 ml (2 tbsp) ground flax seeds
- 15 ml (1 tbsp) vegan [LeGrand Butter](#)
- 100 g dark chocolate
- 15 ml (1 tbsp) unsweetened plant-based milk

- 300 g soft silken tofu, at room temperature (see note)
- 1 container (454 g) [LeGrand Cherry and Rose Crumble Yogurt](#)

Note: Using chilled tofu would cause the chocolate to solidify, hence the need to let it come to room temperature.

Preparation

1. In a small microwave-safe bowl, combine the graham cracker crumbs, ground flax seeds, and butter. Microwave for 30 seconds, then mix with a fork. Divide the mixture evenly among 4 dessert glasses and refrigerate.
2. In another small microwave-safe bowl, melt the chocolate and plant-based milk for 50 seconds, stirring halfway through.
3. Transfer the mixture to a food processor, add the tofu, and blend until smooth. Add the yogurt and blend again.
4. Pour the mixture into the dessert glasses and refrigerate for at least 1 hour before serving. Garnish with fresh fruits or chocolate shavings, if desired.

Notes



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