CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Fermented Blueberry Parfait

Gut-Friendly Snack & Antioxidant Support

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What This Supports: Gut Health • Digestion • Antioxidant Intake • High-Protein Snack (if using yogurt/kefir)

Why It Works: Blueberries provide polyphenols that can support a healthy gut microbiome. Fermented dairy (yogurt/kefir) contributes live cultures and protein, which can support satiety and recovery nutrition when paired with a balanced meal pattern.

Tools Needed:

- Clean glass jar(s) with lid
- Cutting board + knife
- Measuring spoons/cups
- Clean spoon
- Paper towel or cloth (if needed)

Ingredients:

- 1/4 cup fermented blueberries
- From kombucha, mead, or other blueberry flavored ferment
- 1/2 cup full fat vanilla yoghurt
- 1 tsp maple syrup
- 1/2 tsp cinnamon
- 1/4 tsp cayenne
- Peppermint leaves to garnish

Directions:

1. 1. Add blueberries to a bowl
2. Top with yoghurt, maple syrup, cinnamon, and cayenne
3. Garnish with peppermint leaves

Best Use:

Use as a quick breakfast, pre-work snack, or dessert swap. Add nuts/seeds for extra calories if bulking or training hard.

Food Safety & Quick Notes:

- Ferment only as directed and keep times/temps within the recipe range.
- Use fresh ingredients and refrigerate promptly after the ferment stage.
- If you have dairy intolerance, use a tolerated cultured alternative.
- Not medical advice; consult your clinician if you have specific conditions.

Storage:

Refrigerate after fermentation. Best within 2–3 days.