

INDULGE

Herald

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FIND YOUR FOCUS

Why quieting your mind may be the key to success

Meet Julie Mansfield
& Claude Postel
At home with Buena Vista's
fabulous first couple

PLUS
We interview
Deborah
Wechselman,
Avra Jain,
Wade Allyn
Hallock,
& more!

the home issue!
design inspiration, hot fall trends & gorgeous finds

the life

(THE RECIPE)

Ready,
set...

breakfast!

As kids return to school this month, we ask chef Richard Ingraham (the man who cooks for Dwyane Wade!) to share an easy, healthy recipe guaranteed to start the day off right.

It might just be the sweetest cooking gig in Miami. Richard Ingraham, private chef to Miami Heat superstar Dwyane Wade, is the culinary mastermind that helps keep the city's most beloved basketball player healthy and well fed. Yet, it's the volunteer work Ingraham does that's downright heartwarming. He's the Vice Chair of SEEK, INC, a nonprofit organization that provides meals to the homeless of Miami-Dade once a month, and he spends countless hours working with kids to encourage healthier eating, including collaborating with First Lady Michelle Obama's Chefs Move 2 Schools White House Initiative.

This month, as kids head back to school and crazed mornings begin to rule the day once again, we asked Ingraham to share a recipe for a healthy, easy-to-make breakfast. "A hungry kid can't learn," he said. "So a good, nutritious breakfast is incredibly important." His parfait, which can be made a day ahead, is chock-full of power fruits and protein-packed Greek yogurt so kids can feel full until lunchtime. "It's brain food," he said. "But it's also delicious."

PHOTOGRAPH BY FELIPE CUEVAS

CHEF
RICHARD INGRAHAM'S
POWER PARFAIT

Makes four servings

- 1 cup fresh-cut mango
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries
- 2 tablespoons chopped fresh mint, plus more for garnish
- 3/4 cup cacao nibbs
- 2 cups organic granola
- 2 cups fat-free, vanilla Greek organic yogurt
- 5 tablespoons agave nectar
- 4 tall glasses, for servings

1. In a medium bowl, combine fruit and mint. In a second medium bowl, combine cacao nibbs and granola.

2. Spoon 2 to 3 tablespoons of yogurt into each glass, and drizzle with a little agave nectar. Spoon 2 tablespoons of granola mixture onto the yogurt and drizzle again with agave nectar. Add 3 tablespoons of fruit over the top of the granola, and drizzle with agave nectar.

3. Repeat this layering process until parfait reaches the top of the glass. Top with fresh mint and agave nectar.



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