



## **Shredded Wheat Nests**

**Courtesy of Chef Joan Monfaredi,  
Head Chef Park Hyatt Hotel, Toronto**

These delicate nests are the base for our Raspberries, low fat yoghurt and maple syrup drizzle.

### **Ingredients:**

2 regular size shredded wheat biscuits  
1/4 cup coconut, shredded, sweetened  
1 TBSP Butter, unsalted, melted  
pinch of Cinnamon, ground

Break up shredded wheat in mixing bowl with paddle attachment. Add coconut, sugar and melted butter. Stir on low speed until well blended. Line 6 silpat or disposable muffin cups (being flexible, it is much easier to remove the nest without breakage). Spray lightly with non-stick spray. Divide the shredded wheat mixture amongst the 6 cups. Press onto the bottom and up the sides - the bottom of a small condiment bottle works well.