



FLAKY PUMPKIN PARFAIT WITH NUTELLA®

Yogurt parfait | Vegetarian | Breakfast | Mid-morning | All year round

 | 30 minutes  | 

Yields: 12 Parfaits

Portion: 1 Parfait

Ingredients

- 900 g plain yogurt
- 250g Nutella®
- 115g pumpkin filling
- 240 ml sour cream
- 480 ml corn flakes

Filling

- 240 ml non-fat sour cream
- 120 ml sugar

Procedure:

Whisk sour cream and sugar in a small bowl until sugar dissolves.

Assembly

Mix plain yogurt and pumpkin filling.

Fill each glass with 85 g of yogurt mixture on the bottom and top with sour cream mixture.

Layer with 14 g of Nutella®. Top with 36 g of corn flakes.



Drizzle with 7g of Nutella®.