



# Mixed Berry and Nut Yoghurt Parfait with Nutella®

Yogurt parfait | Breakfast | All year round



### Serves: 2

### Ingredients

600g 0 % fat Greek yoghurt Zest of 1 small orange 50g mixed berries ½ tsp mixed spice 20g toasted mixed nuts, finely chopped 5g toasted mixed seeds 30g Nutella (15g/ one heaped teaspoon per portion)

#### PREPARATION

1. In a medium mixing bowl, mix together the yoghurt, orange zest and mixed spiced.

2. Spoon half of the mix between two parfait glasses.

3. Scatter over a few mixed berries and half of the toasted mixed nuts and seeds.

4. Add another layer of parfait and top each with the remaining fruits, nuts and seeds.



## TO SERVE

5. Top each parfait with 15g Nutella (one heaped teaspoon per portion).

Optional: Use some of the Nutella to line the bottom of the glass before step 2.

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