



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.