

Fruity Oat Parfait

Serves: 2

Prep time: 20 minutes + cooling time

Cook time: 5 minutes



1 serve per portion

Ingredients

1 cup cooked porridge, cooled

½ cup natural yoghurt, reduced fat

2 cups of assorted fruit (e.g. strawberries, sliced banana, blueberries, raspberries, cherries, rockmelon)



Everyday Food

Method

COMBINE yoghurt with the cooled porridge and stir to make it creamy.

LAYER the oats mixture and the fruit in a parfait glass, starting with the oats.

SERVE chilled.

Recipe courtesy of May Hampton, Palmwoods Branch