



Fruit Yoghurt Cups

Serving: 1

Veg

### *Ingredients*

- Serves 1
- $\frac{3}{4}$ th cup low fat curds
- 2 tsp Muesli, readily available in the market
- 3 tbsp chopped mixed fruits (apple, strawberry, pear, banana, etc)
- 1 tsp crushed walnuts
- 1 tsp raisins

### *Preparation Method*

- 1. Take a tall glass and make alternative layers of curds and mixed fruits.
- 2. Sprinkle muesli on the top layer of the glass and top up with walnut powder and raisins.
- 3. Serve the parfaits immediately.