



Fruit Parfait (ES)

Serving: 1

Veg

Ingredients

- - Low fat yogurt - 100 ml
- -Muesli - 2 tbsp
- -Apple - 3 tbsp chopped
- - Any fruit of your choice -3 tablespoon
- -Walnuts -1 tsp (crushed)
- -Raisins - 1 tsp

Preparation Method

- - Layer 1/3 cup of low fat yogurt in to the bottom of a tall glass.
- - Put layer of a chopped apple,alternately with yogurt and the fruit of your choice untill glasses are filled to the top.
- -Add muesli on the top layer with crushed walnut and raisins.
- -Serve parfaits is immediately to relish the yummy taste.