

Fruit Parfait

Servings: 1

Prep Time: 10min

Cook Time: 0



Ingredients

- 65 g strawberries; washed, hulled and chopped
- ½ banana; peeled and chopped
- ½ tbsp. apple juice
- ⅓ cup low fat plain yoghurt
- ½ tbsp. honey
- 1 tbsp. walnuts; chopped

Directions

1. Place strawberries and banana into a bowl, then pour over the fruit juice. Stir gently to coat.
2. Spoon the yoghurt into a bowl. Drizzle over the honey and swirl through the chopped walnuts.
3. Place half the yoghurt in a glass and then top with the fruit mixture. Repeat with another layer of yoghurt and fruit.
4. Serve immediately.