

Recipe

Fruits Parfait

By

Madhavi d.d.



Ingredients

½ cup yogurt
¼ cup sliced banana
2 tbsp blueberries
2 tbsp sliced strawberries
¼ cup cereals
1 tbsp chopped nuts

Preparation

If you have a parfait glass:

Place 1 tbsp yogurt at bottom, then add cereals and nuts, and 1 cup fruit.

Repeat these steps until glass is full. Garnish with some mint leaves.

Or simply use any ice cream glass (see the picture) or any glass.

Place blueberries at bottom, then yogurt, then strawberries, then yogurt, then cereals and nuts.

Top with yogurt and fruits.

***If you are using plain yogurt (with no sugar), you may want to drizzle some honey on top.

Serves

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For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

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Hare Rama Hare Rama Rama Rama Hare Hare