

This quick and healthy parfait tastes like dessert, but is perfect for a surprise breakfast in bed or eating on the go. It's loaded with protein, fibre rich fruit, antioxidants and omega fatty acids. Cocoa nibs and hemp seeds can be found at health food stores or bulk stores.

Makes 6 servings



INGREDIENTS

- 1-750 gram tub plain 2.5% yogurt
- 1 apple
- 1 cup rolled oats
- 1 lemon (juice and zest)
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/2 cup chopped pistachios
- 1/3 cup honey
- 1/4 cup cocoa nibs
- 1/4 cup hemp seeds
- 1 passion fruit (optional)

PREPARE

1. Shred apple with a grater into a large bowl. Add yogurt, rolled oats, lemon juice and zest stirring well to combine.
2. Cover with plastic wrap and chill for 4 hours or overnight.
3. In a parfait or juice glass, sprinkle a few berries, 1 heaping tsp of chopped pistachios, a light drizzle of honey, and 1/2 tsp of cocoa nibs and hemp seeds.
4. Top with 1/2 cup of apple/yogurt mix and repeat toppings. Layer with another 1/2 cup of apple/yogurt mix and one final sprinkling of toppings.
5. Garnish with a wedge of passion fruit if desired.