**Yoghurt Parfait**

**Ingredients**

¾ cup plain yoghurt

¼ cup peeled and chopped mango

¼ cup chopped apple

¼ cup blueberries

6 tbs. oats

¼ cup walnuts

½ tbs. honey

Pinch of small cardamom powder

Extra fruit for garnish (optional)

**Instructions**

1. Heat a skillet/pan/pot, add oats and walnuts to desired toast level. Generally, you can smell when it’s ready.
2. Using two tall clear glasses or jars, layer the parfait.
	1. ¼ cup yoghurt
	2. ¼ amount of oat-walnut mix
	3. ½ the amount of Fruit
	4. ¼ cup yoghurt
	5. ¼ amount of oat-walnut mix
	6. Top with some fruit garnish if you’d like and or ¼ cup yogurt
	7. Drizzle of honey
	8. Pinch of cardamom

Yields: 1 protein serving, 1 fruit serving, ½ serving of nuts, 1 grain serving per glass.

\*You can use different fruit options if you want to change it up.