

PARFAIT IN A JAR

Utensils and equipment

- * Kitchen scales



- * Vegetable peeler



- * Chopping board



- * 2 Plates



- * Chopping knife



- * Tablespoon



- * Mixing bowl



- * Teaspoon



- * Glass jar



- * Measuring jug



Ingredients

- * 1 tub plain yoghurt



- * ½ tsp vanilla extract



- * 50g wholegrain oats or other wholegrain cereal (less than 15g of sugar per 100g)



- * 1 kiwi



- * 60g strawberries (or any other fresh fruit in season)



- * 1 tsp ground cinnamon



- * 20g chia seeds



- * 80ml fresh white milk (not more than 2.5% total fats)



- * Extra fruit to decorate

Preparation time: 30 - 40 minutes

Number of servings: makes 2

Method

1. Mix the milk and the chia seeds in a jar. Leave to set in the refrigerator for 20 minutes.



2. Peel and chop the kiwi. Wash, hull and slice the strawberries.



3. Mix the cinnamon and vanilla extract with the yoghurt.



4. Layer the ingredients: fruit, cereal and yoghurt over the milk and chia seeds mixture until all ingredients are used. Decorate with fruit.

