

Eat a Rainbow Recipes

PURPLE

Berry Parfait

Serves 4

Ingredients:

16 tablespoons low fat vanilla yoghurt
1 cup blueberries
1 cup blackberries or raspberries

Equipment:

Clear plastic cups or small bowls spoons

Method:

1. Put a tablespoon of yoghurt in each cup/bowl, then top with the blueberries. Continue layering with yoghurt and fruit until cup or bowl is full.

Vary the fruits or the flavour of low fat yoghurt

Tips:

Use tinned or frozen berries if fresh is too expensive.