



Yoghurt Parfait



1 serving



15 min

INGREDIENTS

Yoghurt, oat flakes or cereal or muesli of your choice, 4-5 strawberries or a handful of blueberries or a mix of both or any other fruit of your choice, 1 lemon, mint leaves, honey or sugar, cinnamon, vanilla extract (optional), salt, turmeric, ginger powder, cayenne powder (optional), cardamom.

DIRECTIONS

To make the spiced yoghurt

In a medium-sized mixing bowl add the following:

- **Sour** 4-5 tablespoons of yoghurt, 1/2 teaspoon of lemon juice,
- **Bitter** a pinch of turmeric,
- **Sweet** 2 teaspoons of sugar or honey, a pinch of cinnamon, a few drops of vanilla extract (optional),
- **Pungent** a pinch of ginger, a tiny pinch of cayenne pepper, a pinch of freshly ground cardamom,
- **Salty** a pinch of fine salt.

Mix all the ingredients well. Make sure the sugar and salt dissolve. If possible leave for 10-15 minutes for the flavours to blend.

To prepare the yoghurt parfait

In a large drinking glass arrange 2 tablespoons of oat flakes, cereal or muesli. Pour 3-4 tablespoons of spiced yoghurt on top and add a layer of fruit. Cover them with another 2 tablespoons of oat flakes, add another layer of yoghurt and the fruit again.

Note: The recipe is good for making overnight oats. Or you can make the parfait spontaneously for breakfast or as a healthy snack any time you want. Of course, the flavour and consistency will be different.

Tip: To save yourself work and keep the spiced yoghurt for another round, double the ingredients and keep the yoghurt in the fridge for 2-3 days.

