

# Berry Yoghurt Parfait



**Serves 4**

**Prep 15 mins**

**Cooking 2 mins**

**Easy**

## Ingredients

500g fresh berries or 275 g frozen berries  
a pinch of ground cloves  
a pinch ground cinnamon  
500g plain yogurt, preferably low-fat  
1 teaspoon vanilla extract  
2 tablespoons maple syrup or organic honey

1. In a small saucepan, warm 3/4 of the berries (keeping the rest whole for assembly), adding a little water as needed to prevent burning. Simmer for 1 to 2 mins.
2. Add the cloves and cinnamon and continue to simmer until the berries begin to soften, cool slightly. If the berries produce too much liquid, spoon them into the bowl with a slotted spoon. I prefer to put the berries through a sieve to take out the pips.
3. Add most of the yoghurt to the fruity mixture and the vanilla and mix well. If there is too much liquid, only mix half of the fruity mixture with the yoghurt. Put into individual glasses and place the berries you have put aside on top. Add some more yoghurt and decorate with a few more fruity berries. Sweeten to taste with maple syrup. Serve with granola or porridge for breakfast or enjoy as a light dessert or snack.