

Sweet SURPRISE

MAKE MOTHER'S DAY EXTRA SPECIAL BY PREPARING THIS HEALTHY DESSERT FOR MUMMY.

FRESH FRUITS PARFAIT

MAKES 4 SERVINGS

WHAT YOU'LL NEED

- ▶ 150 g chopped fresh strawberries
- ▶ 60 ml fresh strawberry juice
- ▶ 360 ml plain yogurt
- ▶ 200 g fresh blueberries
- ▶ 100 g wholegrain cereals

FOLLOW THESE STEPS

- 1 Combine fresh strawberries with the juice.
- 2 Layer 1 tablespoon of strawberry mix at the bottom of a tall glass followed by 1 tablespoon of yoghurt.
- 3 Alternate layers of fruits with yoghurt until the glasses are filled to brim.
- 4 Cover the glasses with cling wrap and chill in the refrigerator.
- 5 Before serving, top with granola.
- 6 Enjoy! ♥



GOOD FOR YOUR GUT

For those who are lactose-intolerant, yoghurt, which is rich in protein, calcium and B vitamins, is a good alternative. Look for those containing probiotics or live active cultures, which help to keep the intestines healthy.



Scan the QR code to find out about the health benefits of eating fruits and vegetables.



This recipe is adapted from **Tasted & Approved!**, published by Marshall Cavendish.

