Parfait

Ingredients for 4 parfaits:

1 cup (250 ml)	fresh or frozen strawberries or cloudberries
1 cup (250 ml)	fresh or frozen blueberries or blackberries
2 cups (500 ml)	cereal (bran flakes style or similar)
2 cups (500 ml)	vanilla or fruit yogurt



Preparation:

- 1. Wash fresh fruits. If using frozen fruits, let them thaw at room temperature or put them few minutes in the microwave.
- 2. If using strawberries, slice them. Setting aside 4 whole strawberries to garnish the parfaits.
- 3. Place a layer of sliced strawberries or cloudberries at the bottom of each cup. Add a layer of cereal, then a layer of yogurt. Add a layer of blueberries or blackberries, another layer of cereal and another layer of yogurt. (There should be a total of 6 layers.).
- 4. Place a whole strawberry or a cloudberry on top of each parfait.
- 5. Keep refrigerated until ready to eat.
- 6. Enjoy!















