

Berry Parfait

NUMBER OF SERVINGS: 6

Ingredients

- Ontario blueberries $\frac{1}{3}$ cup (75 mL)
- Ontario strawberries $\frac{1}{3}$ cup (75 mL)
- Whipped topping, frozen and thawed 8 oz (250 mL)
- Ontario raspberries $\frac{1}{2}$ cup (125 mL)
- Quick cooking oats
- Vanilla frozen yogurt 1 pint (473 mL)

Directions

1. Combine blueberries, strawberries and whipped topping in a blender and blend until smooth.
2. Transfer to a mixing bowl and fold in raspberries.
3. Layer the berry mixture with the frozen yogurt and oats in 6 dessert glasses, finishing with a berry layer. Serve at once.



Raspberries are most widely available in their ruby red colour. Golden, black and purple raspberries are also grown in Ontario.



Raspberries contain flavonoids. Flavonoids have been studied for their potential ability to help slow age-related cognitive decline.



You can also use frozen Ontario berries to enjoy this treat all year long.

NUTRITION PER SERVING

Calories 194 | Protein 7g | Fat 5g | Carbohydrates 30g | Fibre 2g | Sodium 47mg

Desserts



Recipe
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