

Oatmeal Cookie Berry Parfait



Nutrition in disguise

- This recipe features colourful raspberries.
- Raspberries have fibre and antioxidants, such as vitamin C.
- Vitamin C may reduce the risk of chronic diseases, lower blood pressure, boost immunity, and improve iron absorption.

Nutrition facts

Serving size: 100 g

Calories: 234 kcal

Protein: 5 g

Carbohydrates: 28 g

Vitamin C: 5 mg

Ingredients

Crumble

- ¼ cup hemp hearts
- ½ cup oat flour (blended rolled or quick oats)
- ½ cup rolled oats
- ¼ cup unsalted butter, softened
- ½ cup brown sugar
- ¼ tsp salt
- 1 Tbsp ground cinnamon

Pudding

- 1 package of regular instant vanilla pudding mix (102 g or 4 servings)
- 2 cups skim milk

Whipped cream

- 1 cup heavy whipping cream 35%
- ¼ cup plain 2% Greek yogurt
- 2 Tbsp brown sugar

Layer and garnish

- 2 cups raspberries
- 1 tsp cocoa powder

Directions

1. Preheat oven to 350°F.
2. Combine crumble ingredients until clumps appear.
3. Place parchment on baking sheet.
4. Spread crumble over baking sheet and bake for 10 minutes. Let cool.
5. Whisk pudding powder with milk until thick, following manufacturer instructions. Cover and chill.
6. Mix cream with electric mixer until whipped cream consistency is reached.
7. Fold in yogurt and sugar into the whipped cream.
8. Add ¾ of crumble to a deep 8" x 8" pan and press down.
9. Add a layer of pudding, then a layer of raspberries.
10. Spread whipped cream mixture on top.
11. Garnish with cocoa powder and remaining ¼ crumble.
12. Cover and refrigerate for 1 hour before serving.
13. Scoop into parfait cups and serve.