

PEACH PARFAIT



5

Serves

\$1.51

Cost per
serve

10
MIN

Total prep
& cooking time



STEPS



Drain the peaches and divide the 15 slices evenly between 5 cups.



Layer each cup with 1 tablespoon muesli and then 2 tablespoons yoghurt.



Add 1 tablespoon blueberries and top layer with another 1 tablespoon muesli.



Add another layer of peaches and finish each cup with 2 tablespoons yoghurt and top with the remaining blueberries.

♥ WHY WE LOVE THIS RECIPE

This is a great recipe for breakfast, dessert or a snack at anytime of the day.



FOOD WASTE TIP

This parfait is a great way to use up any fruit that is leftover in the fridge.

INGREDIENTS

- 15 peach slices in natural juice, drained
- 1½ cups untoasted muesli (optional: nut and seed free)
- 2½ cups low-fat Greek yoghurt
- 1 cup frozen blueberries or fresh berries

EQUIPMENT

- Can opener
- Measuring cups
- Measuring spoons
- 5 large cups (reusable/recyclable)
- 5 serving spoons (reusable/recyclable)

SKILLS

- Mixing
- Layering
- Measuring



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