

Frozen Yoghurt Parfaits

Ingredients

Brownes Dairy 'The Greek' Yoghurt, 1 cup

Chef's Choice 100% Pure Maple Syrup, 1 tbsp

Olympic Foods Aussie Rolled Oats, ½ cup

Berries (such as strawberries, raspberries, or blackberries)

Method

Step 1

Stir the maple syrup into the yoghurt.

Step 2

Divide the yoghurt evenly amongst the slots of your ice cube tray.

Step 3

Sprinkle with oats & press berries into each one.

Step 4

Freeze until frozen for at least 4 hours.



Frozen Yoghurt Parfaits

Pic for illustration purposes only. Recipe may vary in appearance to pic.