

# Crunchola Parfait

This eye-tempting treat is a delicious, completely balanced energy starter for the day.

- 1 cup barley flakes
- ¼ cup pumpkin pepitas
- ¼ cup sesame seeds
- ¼ cup almond flakes
- ¼ cup flaxseeds or oat bran
- 2 cups fresh fruit – berries, peaches, melon or kiwi fruit
- 2 cups low-fat natural yoghurt, soy yoghurt or ricotta

Chill 4 parfait glasses. In a medium saucepan over a low heat, gently toast barley flakes until lightly browned, then add pumpkin pepitas, sesame seeds, almonds and flaxseeds and cook for few minutes until lightly toasted. Allow to cool. Place ¼ cup fruit into each parfait glass, add ¼ cup yoghurt layer on top of fruit, then ¼ cup toasted muesli mix. Repeat.

**Serves 4**

### **Cook's Note**

Make double the toasted muesli mix and store in a sealed container for future use.

