

# Cereal Yoghurt Parfaits with Berry Compote

## Ingredients

### Strawberry Compote (makes ¼ cup)

1 cup strawberries, fresh or frozen  
chopped into quarters  
1 tablespoon white sugar  
1 tablespoon water  
1/4 tsp vanilla essence

### Blueberry Compote (makes ¼ cup)

1 cup blueberries, fresh or frozen  
1 tablespoon white sugar  
2 tablespoons water  
1/4 tsp vanilla essence

### Muesli Parfaits (makes 2)

1 cup Healtheries Gluten Free Cereal  
1 cup slice fruit (strawberries, blueberries,  
blackberries, kiwifruit banana all work well)  
1 cup Vanilla Greek Yoghurt (check GF)  
2 tbsp strawberry or blueberry compote



## Method

1. *Make the compote.* In separate saucepans place the strawberry/blueberry compote mixtures. Heat over medium low heat until the fruit has softened and thickened (this should take about ten minutes). Stir frequently as the compote cooks.
2. *Make the parfaits.* Evenly divide the gluten free cereal, sliced fruit and Greek yoghurt into two small glasses. Then top with a dollop of strawberry or blueberry compote. Serve immediately!
3. Store any leftover compote in the fridge for up to 4 days. Serve in additional parfaits or on gluten free ice cream.

Recipe provided by Coeliac  
New Zealand Food Ambassador  
Alana Scott

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Bit Yummy*

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