



Peach and Raspberry Parfait

 Serves
2

 Prep
15 minutes



Ingredients

1 x 220g can Princes Peach Chunks with Juice, drained
1 x 300g can Princes Raspberries in light syrup, drained
100g granola
200g low fat Greek-style yogurt

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	116kcal	12.8g	2.1g	0.5g	0.1g
RI%	6%	14%	3%	3%	2%

Method

1. Spoon half the granola between 2 glasses or bowls (if taking to work, pack in sealable glass jars). Share half the peach chunks and all the raspberries between the portions.
2. Spoon the yogurt on top, then share the rest of the granola between the portions.
3. Top each portion with the remaining peach chunks. Cover and chill until ready to serve, or seal and take to work.