



BLUEBERRY PARFAIT

SERVES
4

INGREDIENTS

- ¼ cup (60 mL) large flake oats
- ½ cup (125 mL) water
- ¾ cup (175 mL) vanilla yogurt
- 1 cup (250 mL) blueberries

DIRECTIONS

1. Cook oats as directed on the package. Allow to cool before assembling the parafait.
2. Place ingredients in a cup in the following order:
 - 3 tbsp (45 mL) yogurt
 - 2 tbsp (30 mL) cooked oats
 - ¼ cup (60 mL) blueberries

NOTES

Save the step of cooking oats ahead of time. Give overnight oats a try! Assemble all ingredients and let sit in the fridge overnight.

Try canned peaches or pineapple to switch up the flavour.



Teach
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