

Pronto Parfait V

This parfait is a classic LCHF ‘go to’ breakfast. Take advantage of seasonal fruits and substitute these for berries if you like, just reduce the quantity to keep the carb count low. If you don’t have any WTF? Muesli made up, you could always just sprinkle a few roasted nuts and seeds on top, or even a dollop of nut butter.

Serves	2	Per serve	
Prep time	5 minutes	Carbs	15.2 g
Difficulty	●●●	Protein	15.0 g
		Fat	39.7 g
		Energy	487 Cal

INGREDIENTS

- 1 cup plain unsweetened Greek-style yoghurt
- 1 cup mixed berries (fresh or frozen)
- ½–¾ cup WTF? Muesli (page 24)

METHOD

Layer up the parfait by spooning the yoghurt, berries and muesli into glasses in several layers. That’s it!

