

Tropical Raspberry Parfait

Serves 4 - Prep Time; 15 minutes (+ cooling)

Ingredients;

Tropical Custard;

4 Tbsps Coconut Cream - Full Fat

1/2 Small perfectly ripe banana

1 Peach - Stoned (Only use half in the tropical custard)

1/2 Mango

Raspberry Compote;

130g Raspberries

1/2 Lemon - Juice only)

1 Tbsp soft brown sugar

Remaining Ingredients;

25g Pistachio nuts

300g Fage Greek Yoghurt (Blue Variety)

120g Fresh Raspberries

Method;

1. Make the tropical custard. Place the coconut cream, banana, 1/2 peach and mango and blitz in a blender until smooth. It should be quite a thick consistency and not too runny. Pop in the fridge.
2. Make the raspberry compote. In a small pan place 130g raspberries, add the brown sugar and lemon juice. Heat over a low/medium heat for a few minutes until the raspberries begin to break down, should take 5-10 minutes. Remove from heat and allow to cool.
3. Now start to assemble the dessert. Spoon a little cooled raspberry compote into the bottom of a small glass. Add a layer of the Fage yoghurt. Pop a handful of fresh raspberries and a few pieces of chopped peach over the yoghurt followed by a layer of tropical custard and finally top with another spoonful of yoghurt. Drizzle with more compote and tropical custard.
4. Cover with cling film and pop in the fridge to cool until ready to serve. Before serving sprinkle with pistachio nuts.
5. Enjoy.

Author Tips;

The thicker and creamier the Greek Yoghurt the better this dish will be. We've used the blue Fage Greek yoghurt and it works great. The 0% & 2 % varieties can be used however the yoghurt will not be as dense in texture which will make the creamy layer a little thinner in consistency. You may find it difficult to create the layers.

