

Mishti Doi Parfait

A modern twist on the classic Bangladeshi sweet yogurt, this parfait layers creamy mishti doi with crunchy pistachio nuts and a hint of cardamom. Perfect for a light, cooling dessert.



Dessert

Bangladeshi

35 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 cup full-fat plain yogurt
- 2 tbsp sweetened condensed milk
- 1/4 tsp cardamom powder
- 1 tbsp pistachios, chopped
- 1 tsp honey

Steps

- 1 In a bowl, whisk together the yogurt, condensed milk, and cardamom powder until smooth.
- 2 Spoon half of the mixture into a glass.
- 3 Layer with half of the chopped pistachios and drizzle a little honey.
- 4 Repeat with the remaining yogurt mixture, pistachios, and another drizzle of honey.
- 5 Chill in the refrigerator for at least 30 minutes before serving.