

Winter Fruit Yogurt Parfait

This delightful Winter Fruit Yogurt Parfait combines creamy yogurt, rich whipped cream, and sweet honey, layered with seasonal fruits for a refreshing dessert or healthy snack.


15 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup plain yogurt
- 1/4 cup heavy cream
- 1 tablespoon honey
- 1/2 cup mixed winter fruits (like persimmons, pomegranates, and oranges)
- 1 tablespoon chopped nuts (optional)

Steps

- 1 In a mixing bowl, whip the heavy cream until soft peaks form.
- 2 Gently fold the whipped cream into the yogurt until well combined.
- 3 Drizzle in the honey and mix gently.
- 4 In a serving glass, layer the yogurt mixture, followed by a layer of mixed winter fruits.
- 5 Repeat the layers until all ingredients are used, finishing with a layer of fruits on top.
- 6 Sprinkle with chopped nuts if desired.
- 7 Serve immediately or chill for 30 minutes for a cooler treat.