

# Parfait



3.5:1 ratio

- **Preparation time:** 5 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	44g	
Protein	7.9g	
Carbohydrate	4.8g	
Energy (calories)	446kcal	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
Double cream, whipped	30g	
Greek yoghurt, full fat	20g	
K·Yo® Berry	50g	
Desiccated toasted coconut	5g	
Pecan nuts, chopped	10g	
Pistachio nuts, chopped	5g	
Pancake syrup, no sugar e.g. Walden farms	10g	
Strawberries, thinly sliced	10g	

**Method:**

1. Fold the double cream and full fat yogurt together.
2. In bowl combine the coconut, pecans, pistachios and pancake syrup. Reserving a little of each nut for the top.
3. Place half the Berry K·Yo into glass, then layer half the nut mix and strawberries. Add half the yoghurt and cream mix on top of this.
4. Repeat the process till all the mixtures are used up.
5. Fan out slices strawberries on the top.
6. Top with left over pistachios, pecans and coconut.



K·Yo is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.