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Mint, yoghurt, citrus, berry and almond parfait

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Ingredients

- 1 cup SweetTaste Blueberries
- 1 cup SweetTaste Mulberries
- 2 navel oranges, segmented
- 4 cups cubed Italian panettone, or other dense cake
- 1 cup low fat vanilla yoghurt
- 1 cup sliced almonds, toasted
- 3 sprigs Hidden Valley Mint
- olive oil spray
- 2-3 edible Pohlmans Violas, to serve

Method

1. Dice the panettone into large sized cubes.
2. Place a medium sized frypan on medium heat. Spraying liberally with olive oil spray.
3. Place the panettone into the pan, continuously tossing until lightly toasted. Transfer to a bowl.
4. Place the frypan back onto the heat, adding the almonds to lightly toast.
5. Over a bowl, segment the oranges. Retaining any juices in the bowl below.
6. Place the panettone in a serving glass, drizzling with some of the retained orange juices.
7. Top with the orange segments and low fat yoghurt.
8. Repeat until the layers reach the top of the glass. Top with SweetTaste Blueberries and Mulberries, almonds and sprigs of Hidden Valley Mint.
9. To serve, add some Pohlman's edible violas.