

Spiced Rhubarb & Strawberry Breakfast Parfait

by Françoise La Prune

serves	level	time
2 or 4 mini versions	easy	20min +30min cooling / overnight

Starting your day with this delicious 'Spiced Rhubarb and Strawberry Breakfast Parfait' can turn any day into a happy one. This parfait is a composition of rhubarb compote and greek yoghurt which perfectly complement each other, the tart sweetness blending seamlessly with the softness of the yoghurt.



Ingredients

200g / 7oz **rhubarb** - trimmed and cut into 1cm/
0.4in pieces

2tbsp **maple syrup**

1tsp **finely grated ginger**

1tsp **vanilla paste** or 1 **vanilla pod** - seeds only
200g/ 7oz **strawberries**

finishing:

greek yoghurt

granola - eg. Sin-amon Granola or gluten free
bee pollen

Instructions

1. Add the rhubarb, maple syrup, ginger and vanilla to a saucepan and heat gently.
2. In the meantime, cut the strawberries into quarters, add to the rhubarb.
3. As soon as the rhubarb is soft (about 15min), take the pan off the heat and let the compote cool down.
4. Take two glasses or other recipients. Add a first layer of rhubarb, followed by a layer of greek yoghurt (2-3 heaped tbsps per layer) and so on - finish off with rhubarb. Optimally you'll get 5 layers.
5. Top with granola and bee pollen.
6. Enjoy!

Tips / Variations:

- **Make it more decadent!** This Breakfast Parfait works wonderfully as a light dessert. Dare to be decadent: make a mix of half greek yoghurt and half cream cheese and sweeten with a bit of maple syrup. Pure bliss!!!
- **Make it a crumble!** Mix all the ingredients for the compote and add to a baking dish. Top with your favourite crumble and bake in the oven.
- **Make ahead!** Prepare the compote the night before and let cool overnight.
- **Make it vegan!** Serve with coconut yoghurt instead.

HINT:
Don't overcook the
rhubarb as it will turn
brown!