

Berry Parfaits

<p>Ingredients</p> <ul style="list-style-type: none">• 400g vanilla yoghurt• 1/2 cup thickened cream, whipped• 1 teaspoon finely grated orange rind• 1/2 cup icing sugar mixture, sifted• 250g strawberries, hulled, quartered• 125g raspberries• 125g blueberries	<p>Equipment</p> <ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• grater• shot glasses, to serve
<p>What to do</p> <ol style="list-style-type: none">1. Combine yoghurt, cream, orange rind and half the sugar in a bowl.2. Combine berries in a bowl. Reserve one-quarter of the mixed berries. Using a fork, lightly crush remaining berries. Stir in remaining sugar.3. Layer yoghurt mixture and crushed berries in 4 glasses. Cover and refrigerate for 30 minutes, if time permits. Top with reserved berries. Serve.	