



## Yoghurt granola parfait

**Serves:**  
One

**Preparation:**  
10 minutes

### Ingredients

- 150g plain yoghurt
- 50g granola (preferably home made, or your favourite brand)
- 6 canned prunes and their juice
- 1 tbsp diced dried apricots
- 1 tbsp pumpkin seeds
- 1 tsp runny honey

### Method

1. In a tall glass or a bowl begin to layer up the parfait, starting with half of the yoghurt, then a layer of 25g of granola. Top with all of the prunes and drizzle with their juice.
2. Repeat the layering once more ending with a layer of granola. Top with the diced apricots and pumpkin seeds and drizzle with honey to serve. Eat immediately or cover and place in the fridge until needed.

### Fuel learning

- A healthy breakfast is vital when you're learning. Studies show that people who eat breakfast in the morning work faster and can concentrate better than people who skip breakfast.
- Just a small handful of pumpkin seeds a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills.
- Using a probiotic yogurt will help to boost the levels of friendly bacteria in your body which can help strengthen your immune system and prevent digestive problems.

### Tips

- Canned fruit is a great thing to keep in your store-cupboard - as well as adding it to your breakfast, it makes a healthy on-the-go snack on its own.
- You can replace canned prunes with ready-to-eat dried prunes which have been soaked overnight in a little apple juice or water.
- If you haven't got time to make homemade granola, try using sugar free muesli as a quick and easy brain hit.