



When you want to indulge in something delicious but healthy, this Ikimuri Parfait makes the perfect dessert.



Time: 30 minutes

**Makes 7

Ingredients

1. Three ripe bananas
2. 500g of fresh strawberries
3. 1 liter of thick yoghurt
4. One cup of roasted groundnuts

Method:

- Slice the bananas width wise. For the strawberries, cut 3/4 of them lengthwise and the rest into small cubes.
- Begin by layering the bananas at the bottom of your glass bowl.



- This is followed by a generous layer of your thick vanilla yoghurt
- For the third layer, take some groundnuts and spread them on top of the yoghurt together with the cubed strawberries both for the third layer.
- Then, cover this third layer with another generous yoghurt serving.
- Lastly, arrange the strawberries that were cut lengthwise at the topmost layer.

This delicious recipe was brought to you by Kaluhi's Kitchen
<http://kaluhiskitchen.wordpress.com/2014/08/22/244/>