

boozy banana & raspberry parfait



Sometimes all you need is something sweet to set your mood right! In that case, my boozy banana and raspberry parfait would be perfect!!

Ingredients

400g of raspberries

2 sweet bananas

3 tablespoons of cognac

1/2 a cup of roughly chopped milk chocolate

1 teaspoon of orange zest

1 tablespoon of caster sugar

1/2 a tablespoon of finely chopped mint

Method

In a pan, add your raspberries and caster sugar. On medium low heat, let these cook down until the raspberries have just started to seep. Add the mint, orange zest and cognac and let this simmer down for about 5-7 minutes. This allows the alcohol to burn off and the sauce flavors to completely meld.

Once done, remove from the heat and allow to cool.

Begin layering your parfait, starting with the yogurt at the bottom, then your bananas, then the boozy raspberry syrup, some chocolate. Repeat the same till the top of your tumbler than garnish with some fresh raspberries and serve.



SERVE WITH: starch of choice 😊

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/rosemary-mint-marinated-lamb-stew/>