

Granola Pudding Parfait With Berries



Dive into a delightful medley of flavors and textures with our layered Granola, Mixed Berries, and Pudding. This nutritious treat offers a perfect balance of crunchy granola, fresh berries, and creamy pudding for a truly satisfying experience.

Preparation 10 min

Cooking 5 min

Servings 4

Nutrition Facts (per serving)

Calories 250

Fat 7

Carbohydrates 33

Fibre 5

Protein 9

Sodium 125

Ingredients

- 625 ml (2 ½ cups) Natura's light vanilla soy beverage
- 60 ml (¼ cup) cornstarch
- 750 ml (3 cups) frozen mixed berries
- 250 ml (1 cup) granola, or cereal of your choice

5 flavor options to add when reaching a boil

- 15 ml (1 tbsp) cacao powder
- 5 ml (1 tsp) matcha powder, diluted in a bit of water
- 15 ml (1 tbsp) carob powder
- 5 ml (1 tsp) Cinnamon and nutmeg
- 60 ml (¼ cup) natural peanut butter

Preparation

Homemade pudding with Natura's soy beverage

1. In a saucepan, dilute the cornstarch with the same quantity of soy beverage.
2. Progressively add the rest of the soy beverage to the cornstarch mixture.
3. Mix well and bring to a boil while stirring frequently.
4. Keep this mixture aside.
5. Defrost the frozen berries in the microwave for a few seconds.

Assembly

1. In 4 jars of 1,5 – 2 cups, equally layer the ingredients in the following order
2. Layer 1 : Defrosted mixed berries – with their juice
3. Layer 2 : Homemade pudding with Natura's soy beverage
4. Layer 3 : About ¼ cup granola or your choice of cereal.

Notes



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