

Orange Yogurt Parfaits with crispy shredded wheat

makes 10 servings

INGREDIENTS

6 cups low fat yogurt (drain in cheesecloth over a medium bowl overnight)
3 large shredded wheat biscuits, crumbled
3 tbsp unsalted butter, melted
4 tsp sugar
1 cup water
1/2 cup honey
zest from 2 oranges
1/2 cup Tropicana Pure Premium Orange Juice - No Pulp
1/2 chilled whipped cream

DIRECTIONS

for the shredded wheat

1. Preheat the oven to 350 degrees.
2. In a medium bowl, toss together the crumbled shredded wheat, butter & sugar and place onto a baking sheet pan lined with parchment paper.
3. Bake in the oven until golden brown, approximately 12 minutes.
4. Remove from the oven & cool completely.

for the yogurt parfaits

1. In a medium sauce pan, place the water, honey, orange juice and 1/2 of the orange zest and simmer uncovered until it has reduced to about 1/2 cup - approximately 8 - 10 minutes.
2. Remove from the heat and allow to steep for an additional 10 minutes, drain (reserve the zest) and then cool completely.
3. In a medium mixing bowl, place the yogurt and the zest from the syrup. Stir together until combined.
4. In the bowl of a mixer, whip the heavy cream until stiff peaks form.
5. Remove from the mixer and fold into the yogurt.
6. Divide the yogurt into dessert bowls or parfait glasses. NOTE: wine glasses also work.
7. Drizzle with the chilled syrup and the crispy shredded wheat and top with the remaining zest for garnish.
8. Place in the refrigerator until ready to serve.

NUTRITION FACTS:

219 calories; 7g fat (4g saturated fat); 33g carbohydrate; 9g protein

bespoke cuisine

1358 w. randolph / 312.455.8400
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