



Citrus and Pomegranate Parfaits

SERVES 4

Pink peppercorns don't have the same gutsy punch as common black peppercorns. Their floral aroma and soft texture are ideal for sophisticated (yet easy) desserts.

- 2 cups (500 mL) plain yogurt
- 2 Tbsp (30 mL) honey
- 1 tsp (5 mL) vanilla extract
- 1 orange, peeled and cubed or segmented
- 1 grapefruit, peeled and cubed or segmented
- 1 pomegranate, seeded (you may not use all seeds, depending on fruit size)
- 2 Tbsp (30 mL) pink peppercorns, lightly crushed, divided

In medium bowl, whisk together yogurt, honey and vanilla.

To assemble parfaits, select 4 medium-sized clear glasses or jars. Add 1/4 cup yogurt mixture to the bottom of each glass. Divide half of the orange, grapefruit and pomegranate among the 4 glasses. Sprinkle with 1 Tbsp (15 mL) peppercorns.

Repeat with remaining yogurt mixture, followed by remaining fruit and final 1 Tbsp (15 mL) peppercorns.

Serve chilled.

EACH SERVING CONTAINS: 220 calories; 9 g protein; 3 g total fat (1 g sat. fat, 0 g trans fat); 43 g total carbohydrates (36 g sugars, 6 g fibre); 90 mg sodium **a**

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