**Berry yogurt parfait**

Serves: **14**

* 2 bananas, peeled
* 2kg Greek-style fat-free natural yogurt with honey
* 350g Frozen Raspberries partly defrosted
* 200g Frozen Blueberries
* 300g Strawberries, chopped
* 1tbsp chopped hazelnuts
1. Line a 2lb loaf tin with clingfilm.
2. Blend or mash the bananas until smooth, then fold through the yogurt to combine.
3. Using a large metal spoon, fold two-thirds of the berries through the yogurt to give a ripple effect.
4. Pour into the loaf tin, cover with clingfilm and freeze for at least 6 hrs until solid.
5. Defrost the remaining berries and store in the fridge.
6. To serve, take the parfait out of the freezer,
7. Leave to stand for 15-20 mins, then remove from the tin and peel off the clingfilm.
8. Top with the remaining berries, and the hazelnuts.