

# COCONUT MANDARIN PARFAITS



LifeShape Clinic

# COCONUT MANDARIN PARFAITS

## INGREDIENTS (SERVES 1)

45g granola  
1 mandarin  
120g coconut flavoured,  
low fat Greek style yoghurt  
1.5 tsp LSA (Linseed,  
sunflower seeds and  
almonds)

## METHOD

1. Layer yoghurt and granola in a small bowl.
2. Top with fruit and LSA to serve.

## Nutrition Guide

### PER SERVE

Energy (cal)	333cal
Protein	14.6g
Fat	10.7g
Saturated Fat	2.8g
Carbohydrate	40.5g
Sugar	24.8g
Sodium	68.2mg
Fibre	8.7g

1200

### RECIPE VARIATION

**Breakfast Requirement:** 270-300 cal  
**Meets Requirements:** No  
**Recommendations:** Swap granola to untoasted muesli , remove LSA and reduce yoghurt to 100g  
**Total Meal Calories:** 303 cal

1500

**Breakfast requirement:** 320-350 cal  
**Meets requirements:** Yes  
**Total meal calories:** 333 cal

For more recipes, visit [lifeshapeclinic.com.au](http://lifeshapeclinic.com.au)



LifeShape Clinic