



Frozen Yogurt Parfait

Eating light doesn't always mean leaving out dessert. Transform a low-calorie parfait into a sinful-looking treat by layering frozen yogurt, pureed frozen berries and Almond Accents® Original Oven Roasted sliced almonds in an elegant stemmed glass. Or, create individual English trifles by adding to your parfait layers of cubed angel food cake. Garnish with sprigs of fresh mint, Almond Accents® Original Oven Roasted sliced almonds and whole berries. Serve with almond biscotti.



For more great quick toss ideas, visit www.almondaccents.com.