

Serves 2

Ingredients

- 1 can (410g) of apricots, in natural juice
- 100g custard, reduced fat
- 100g natural yoghurt, reduced fat
- 1 teaspoon cinnamon
- 1 teaspoon vanilla essence
- Spray oil
- ¼ cup flaked almonds



Method

1. Drain apricots and set aside.
2. In a separate bowl whisk together the custard, yoghurt, cinnamon and vanilla essence using a fork or a whisk.
3. Heat a small pan and spray lightly with oil. Place almonds in the pan and heat until golden, stirring frequently to ensure they don't burn.
4. Using ramekins or short drinking glasses, layer the yoghurt mixture and apricots, alternating as you go.
5. Finish the top layer with a sprinkle of toasted almonds.