

SERVINGS

4

PREP TIME

15 minutes

COOKING TIME

4 minutes

INGREDIENTS

Banana, 2 (ripe but firm, sliced thick)

Light coconut milk, 120ml

Water, 80ml

Fresh ginger, 1 knuckle (lightly bruised)

Pandan leaf, 1 (tied into a knot)

Lower-sodium salt*, ½ teaspoon

Gula melaka, 1 teaspoon

Low-fat plain yoghurt, 250g

Almond slivers, 2 tablespoons

Pomegranate arils, 2–3 tablespoons

Mint leaves, 4

METHODS

1. In a small pot, combine light coconut milk, water, ginger, and pandan leaf. Heat gently without boiling.
2. Add banana slices. Season with lower-sodium salt and gula melaka. Cook 2–3 minutes until lightly softened. Remove the ginger, pandan leaves and cool it completely.
3. In a small clear glass, layer the bananas and low-fat plain yoghurt.
4. Top with almond slivers and a few pomegranate arils. Garnish with mint leaf.
5. Serve chilled.

*Choose products with the Healthier Choice Symbol



Serawa Pisang Yoghurt Parfait

by Chef Mel Dean