



CLONAKILTY

FESTIVE KEFIR PARFAIT



IRISH YOGURTS

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Festive Kefir Parfait

Recipe by Chef Eunice Power

Ingredients

- **Cranberry Compote**
- 250 g fresh or frozen cranberries
- 3 tbsp honey or maple syrup (adjust to taste)
- Zest and juice of 1 orange
- 1 tsp finely grated ginger (optional)
- 2 tbsp water, if needed



- **Yogurt +Kefir Base**

- 300 g Irish Yogurts Clonakilty Greek Style Natural Live Yogurt
- 250 ml Irish Yogurts Clonakilty Kefir Natural
- ½ tsp vanilla extract

- **Crunchy Topping**

- 3 tbsp chopped nuts (almonds, pistachios, or walnuts)
- 3 tbsp mixed seeds (pumpkin, sunflower, chia, flax)
- 1 tbsp toasted oats or granola (optional)

- **To Serve**

- Honey or maple syrup
- Extra orange zest or fresh cranberries

Directions

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- **Make the Cranberry Compote**

- Place the cranberries, orange juice, orange zest, ginger, sweetener, and water (if using) into a small saucepan. Bring to a gentle simmer over medium heat.
- Cook for 6–8 minutes, stirring occasionally, until the berries soften and the mixture thickens.
- Remove from the heat and cool completely. This can be made a day ahead.

- **Prepare the Yogurt–Kefir Base**

- Whisk the yogurt, kefir, and vanilla in a bowl.
- Adjust the consistency with a little more kefir if you prefer it looser.

- **Assemble the Parfaits**

- Add 2–3 tablespoons of the yogurt–kefir mixture.
- Spoon over 1–2 tablespoons of compote.
- Sprinkle with a portion of nuts and seeds.
- Repeat the layers.
- Finish with compote, a light drizzle of honey, and a little zest or a few fresh cranberries