Parfait (ᖁᓕᐊᓈᖅᑎᒪᔪᓕᖅ ᒪᒪᖅᑐᖅ)

ᐅᐊᕈᑎᑦᓴᖏᑦ ᓯᑕᒪᓄᑦ ᐸᖅᐯᓕᐊᓄᑦ:

1 ᖃᓪᓗᑎᒃ (250 ml)	ᐱᕈᖅᑐᕕᓃᑦ ᓄᑖᑦ ᖁᐊᕕᓃᓪᓘᓃᑦ strawberries ᐅᑯᓐᓘᓐᓃᑦ ᐊᖅᐲᑦ
1 ᖃᓪᓗᑎᒃ (250 ml)	ᐱᕈᖅᑐᕕᓃᑦ ᓄᑖᑦ ᖁᐊᕕᓃᓪᓘᓃᑦ ᑭᒍᑕᖏᓐᓄᑦ ᐸᐅᖅᑐᓘᓐᓃᑦ
2 ᖃᓪᓗᑏᒃ (500 ml)	ᐅᓪᓛᕈᒥᑕᑦᓴᔪᑦ (bran flake ᐅᑯᓐᓘᓐᓃᑦ ᐊᑦᔨᐸᓱᖏᑦ)
2 ᖃᓪᓗᑏᒃ (500 ml)	vanilla ᒪᒪᖅᑐᔭᖅᑕᓕᓘᓐᓃᑦ yogurt

ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᓂᖅᒐᑦ:

1. ᐃᖅᕈᑐᖅᓗᒋᑦ ᐱᕈᖅᑐᕕᓃᑦ ᒪᒪᖅᑐᔪᑦ. ᖁᐊᕕᓂᖅᓂᒃ ᐊᑐᕈᕕᒃ, ᓯᓴᖅᓴᓯᐊᓇᓚᐅᑲᓪᓗᒋᑦ ᐅᑯᓐᓗᓐᓃᑦ ᐊᐅᑦᓱᕈᑎᒧᑦ ᐊᐅᑦᓯᑎᓗᒋᑦ ᐃᕈᑦᑐᓂᒃ ᐃᑲᕐᓄᑦ.
2. ᐊᕕᐅᖅᖃᓗᒋᑦ strawberries, ᓴᓂᖅᐯᓗᑎᓗ ᐃᓗᐃᑦᑐᒥ ᓲᖅᓗ ᐊᕕᐅᖅᖃᓯᒪᖏᓐᓂᑐᓂᒃ ᑕᑯᒥᓇᖅᓯᓕᖅᑎᒍᑎᐅᓂᐊᖅᑐᓂᒃ.
3. Strawberries-ᖅᑳᖅᓗᒋᑦ ᐊᑐᓂᑦ ᖃᓪᓗᑏᑦ. bran flake ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅᑕᓯᓯᓪᓗᒋᑦ, ᑎᒪ yogurt-ᓯᓯᓗᒋᑦ ᑭᒍᑕᖏᓐᓇᓂ ᐱᑕᑦᓯᓯᓗᒋᑦ ᐸᐅᖅᖠᓂᓘᓐᓃᑦ, bran flake ᐅᓪᓛᕈᒥᑕᑦᓴᔭᖅᑕᓯᓯᒻᒥᓗᒋᑦ yogurt-ᒥᓗ (ᐱᖅᒐᓲᔪᖅᑐᕈᑎᓗᒋᑦ ᖁᓕᐊᓇᑦᑕᑎᑕᐅᔪᐃᑦ ᑲᑎᓕᕋᒥᒃ).
4. Strawberries-ᒥᒃ ᐃᓗᐃᑦᑐᒥ ᖃᖅᒐᓅᓇᓗᑎᒃ ᒪᒪᖅᑐᓕᐊᖅᓂ.
5. ᓂᓪᓕᓇᖅᑐᑯᕕᒻᒧᓗᒋᑦ ᓂᓇᔭᐅᓯᖅᖅᒋᓂᓕᒫᖅᒋᓐᓂ
6. ᒪᒪᖅᓴᕈᑕᓇᓂᐊᖅᐳᑎᑦ!