



Vanilla Yogurt Parfait

with Strawberries, Blueberries, and Granola

Ingredients:

(Serves 2)

- 1 cup vanilla Greek yogurt (choose low-fat or non-fat for a lighter option)
- 1 cup sliced fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup granola (choose a low-sugar granola for a healthier option)
- 1 tsp honey (optional) for added sweetness

Instructions:

- 1. Prepare Ingredients:** Wash and slice the strawberries and measure out the blueberries and granola.
- 2. Layer the Parfait:**
 - In a clear glass or bowl, add 1/4 cup of vanilla yogurt as the base layer.
 - Top with 2 tablespoons of granola, followed by 1/4 cup of sliced strawberries and 2 tablespoons of blueberries.
 - Repeat the layers: yogurt, granola, strawberries, and blueberries.
- 3. Finish with Toppings:**
 - Add a final dollop of yogurt on top and sprinkle with a bit of granola for texture.
 - Drizzle with honey if desired.
- 4. Serve Immediately:** Serve chilled for the best taste and texture.



Tips

- *For a lighter version: Use unsweetened Greek yogurt and reduce the granola to 1/4 cup.*
- *Customize: Add nuts, chia seeds, or shredded coconut for extra texture and nutrition.*

Nutritional Facts

(Per Serving)

- **Calories:** ~250–300 kcal (depending on yogurt and granola choices)
- **Protein:** ~10g
- **Carbohydrates:** ~40g
- **Dietary Fiber:** ~5g
- **Sugars:** ~18g (natural from fruit and yogurt)
- **Fat:** ~6g
- **Calcium:** ~15% of the daily value
- **Vitamin C:** ~50% of the daily value

Enjoy your healthy, delicious parfait!