

FRUIT PARFAIT WITH GREEK YOGURT

PREP: TIME 15 MINUTES

TOTAL: TIME 15 MINUTES

SERVINGS: 1 PERSON

CALORIES: 476K CAL

INGREDIENTS:

1 CUP GREEK YOGURT. WE USED 2% FAGE

1/2 CUP GRANOLA. WE USED GLUTEN-FREE PURELY ELIZABETH ORIGINAL

6 STRAWBERRIES SLICED

9 BLACKBERRIES

3 TBSP HONEY

INSTRUCTIONS:

- PREPARE YOUR GREEK YOGURT, GRANOLA, BERRIES, AND HONEY
- ADD 1/3 CUP LAYER OF THE GREEK YOGURT TO A JAR
- ADD A LAYER OF GRANOLA ON TOP OF THE GREEK YOGURT
- LAYER IN 3 BLACKBERRIES AND 2 OF THE SLICED STRAWBERRIES
- ADD A TBSP OF HONEY ON TOP OF THE BERRIES
- CONTINUE LAYERING UNTIL YOU HAVE 3 LAYERS OF YUMMINESS!

ENJOY!

