

YOGURT FRUIT PARFAITS



Ingredients

- 2 cups plain Greek yogurt
- 1 cup fresh strawberries, sliced
- ½ cup blueberries
- ½ cup raspberries or blackberries
- ½ cup granola with no added sugar
- 1 teaspoon vanilla extract, optional
- 1–2 teaspoons honey or maple syrup, optional

g

Prep Time

10 minutes

Servings

4 parfaits

Tips

- Use plain Greek yogurt and check the label if you want to avoid added sugar.
- Add the granola just before serving to keep it crunchy.
- Let children build their own parfaits by setting out different fruits and toppings.
- For a dairy-free version, substitute your favorite unsweetened dairy-free yogurt.

Instructions

- Prepare the yogurt: Add the Greek yogurt to a bowl. Stir in vanilla extract if using. If you prefer a sweeter parfait, add a small amount of honey or maple syrup.
- Prepare the fruit: Wash the fresh fruit thoroughly. Slice larger fruits into small, bite-sized pieces.
- Start layering: Spoon a layer of Greek yogurt into the bottom of a small glass or serving cup.
- Add fruit: Add a layer of your favorite fresh berries and fruit over the yogurt.
- Add crunch: Sprinkle a small layer of granola over the fruit.
- Repeat: Continue layering the yogurt, fruit, and granola until the glass is nearly full.
- Serve: Add a few fresh berries on top and serve immediately.

Flavor Ideas

- **Strawberry Banana:** Layer sliced strawberries with banana.
- **Tropical:** Use mango, pineapple, and unsweetened coconut.
- **Berry Blast:** Combine strawberries, blueberries, raspberries, and blackberries.
- **Apple Cinnamon:** Add finely diced apple and a light sprinkle of cinnamon.

Optional Toppings:

Fresh berries, sliced banana, unsweetened coconut, chopped nuts, chia seeds, or a small sprinkle of cinnamon.