

Yogurt Berry Parfaits

By: Dartmouth-Hitchcock's Culinary Medicine Program

Servings: 1

Prep Time: 10

Ingredients

- 6 ounces low-fat plain Greek yogurt
- 2 tablespoons raspberries
- 2 tablespoons blueberries
- 2 tablespoons strawberries
- Drizzle of honey, or a piece of honey comb
- **Optional:** sprinkle of nuts, flax or chia seeds

Instructions

- Layer yogurt, fruit and granola
- Drizzle with honey, nuts, seeds

Nutrition (per serving)

Calories 274.6, Total Fat 10.9 g, Cholesterol 8.6 mg, Sodium 57.3 mg,
Total Carbs 24.9 g, Dietary Fiber 5.7 g, Protein 20.8 g