

## Strawberry Granola Yogurt Parfait



### INGREDIENTS:

1 cup Greek yogurt, or other plain yogurt

1 cup your favorite packaged or homemade granola

1 cup fresh strawberries, sliced (or thawed from frozen)

1/2 cup favorite seed/nut such as pumpkin seeds, sunflower seeds

Optional toppings:  
maple syrup  
balsamic vinegar  
cracked black pepper  
chopped basil leaves

### DIRECTIONS:

1. Grab two bowls and equally divide the 1 cup of yogurt into each bowl.
2. Divide the 1 cup of granola evenly and sprinkle over each bowl of yogurt.
3. Place half of the sliced strawberries into each bowl.
4. Sprinkle the nuts or seeds over each parfait.
5. To elevate your parfait and deliver a truly palate pleasing parfait, add some chopped, fresh basil, a drizzle of balsamic vinegar and a turn or two of fresh cracked pepper.
6. Best enjoyed after assembly!

Source: [goodfoodmadesimple.com](http://goodfoodmadesimple.com)

