

Whole Grain Berry Parfait



INGREDIENTS:

1 cup mixed berries
(such as strawberries,
blueberries, raspberries,
blackberries)
1 cup plain Greek yogurt
½ cup whole grain granola
2 tablespoons honey or
maple syrup (optional)
Fresh mint leaves for
garnish (optional)

INSTRUCTIONS:

1. Wash the mixed berries thoroughly and pat them dry with a paper towel. If using strawberries, hull and slice them.
2. In a small bowl, mix the Greek yogurt with honey or maple syrup, if desired, to sweeten it slightly.
3. Take serving glasses or bowls, and start assembling the parfaits. Begin by adding a layer of Greek yogurt to the bottom of each glass.
4. Next, add a layer of mixed berries on top of the yogurt.
5. Sprinkle a layer of whole grain granola over the berries.
6. Repeat the layers until the glasses are filled, finishing with a layer of granola on top.
7. Garnish each parfait with a sprig of fresh mint leaves if desired.
8. Serve immediately and enjoy your delicious Whole Grain Berry Parfait!

