



YOGURT PARFAIT

Ingredients (1 Serving)

1/2 cup unsweetened yogurt or greek yogurt
1/2 cup fresh, frozen, or canned fruit of your choice
1 tbsp granola or high fibre cereal

Optional nutrition boosters

chia seeds, hemp hearts, or shredded almonds

Directions

- Spoon half of yogurt into a clear glass or dessert bowl. Top with half of fruit. Repeat layers.
- Sprinkle with granola.