

YOGURT PARFAIT

1 glass

YIELD

5 minutes

PREP TIME

INGREDIENTS

Yogurt -1 cup
Choice of granola – ½ cup
Fresh fruit / berries – ¼ cup
Honey – 3 tbsp

PROCEDURE

- Place yogurt in the bottom of the glass.
- Add a layer of granola.
- Add chopped fruits/ berries.
- Repeat till the glass is filled.
- Top with a drizzle of honey.
- Serve immediately