

Greek Yogurt Parfait with Berries and Nuts

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup fresh berries (strawberries, blueberries, or raspberries)
- 1 tbsp honey or maple syrup (optional)
- 2 tbsp granola
- 1 tbsp chopped nuts (almonds or walnuts)
- 1 tbsp chia seeds (optional)

Instructions

1. **Layer the Yogurt:** Add half of the Greek yogurt into a glass or bowl.
2. **Add Toppings:** Layer half of the berries, granola, and nuts.
3. **Sweeten:** Drizzle with honey or maple syrup if desired.
4. **Repeat:** Add the remaining yogurt, then top with the rest of the berries, granola, nuts, and chia seeds.
5. **Serve & Enjoy:** A refreshing, protein-rich snack or breakfast!

Nutrition (Per Serving, approx.)

- Calories: 280
- Protein: 16 g
- Carbohydrates: 32 g
- Sugars: 17 g
- Fat: 9 g
- Fiber: 5 g
- Calcium: 200 mg