

Berry & Granola Yogurt Parfait: The Perfect Healthy Breakfast

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INGREDIENTS

- 1 cup Greek yogurt (plain or vanilla)
- 1/2 cup fresh strawberries, sliced
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 1/2 cup granola
- 1-2 tbsp honey or maple syrup

Swaps and Notes:

Yogurt: Greek yogurt is a great choice for this recipe because of its thick, creamy texture and high protein content. For a different flavor, you can use a vanilla-flavored Greek yogurt. You can also use a dairy-free yogurt for a vegan option.

Berries: This recipe calls for a classic mix of strawberries, blueberries, and raspberries. You can also use other fresh or frozen fruits, such as blackberries, sliced bananas, or peaches.

Granola: Granola is a key ingredient for the crunch. You can use your favorite store-bought granola, or you can make your own. For a different flavor profile, you could also use chopped nuts, seeds, or a high-fiber cereal.

Sweeteners: Honey or maple syrup adds a wonderful sweetness to the parfait. You can adjust the amount to your personal taste, or you can omit it entirely if your yogurt and fruit are sweet enough.

Presentation: Using a clear glass is a great way to showcase the beautiful layers of the parfait.

Instructions:

Spoon the Yogurt: Begin by spooning a layer of Greek yogurt into a clear glass or jar.

Add Granola: Add a layer of granola on top of the yogurt.

Add Berries: Add a layer of sliced strawberries, blueberries, and raspberries.

Repeat Layers: Repeat the layers of yogurt, granola, and berries until the glass is full.

Top with Extras: Top the parfait with an extra sprinkle of granola and a few fresh berries.

Drizzle with Syrup: Drizzle 1 2 tablespoons of honey or maple syrup over the top.

Serve: Serve the parfait immediately.

Tips for Success:

Layering is Key: The key to a beautiful parfait is the layering. Use a clear glass or jar to showcase the vibrant colors of the ingredients.

Fresh Berries: Using fresh berries is best for this recipe. They provide a beautiful color and a fresh, juicy flavor.

Crunchy Granola: Don't add the granola too far in advance, as it will get soggy. It's best to add it right before serving.

Thick Yogurt: Using a thick Greek yogurt will ensure that your parfait holds its shape and doesn't become too runny.

Serving Suggestions and Pairings:

Nutritional Information:

Storage and Leftover Tips:

Final Thoughts:

DIRECTIONS

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2. **Add : Granola:** Add a layer of granola on top of the yogurt.
3. **Add : Berries:** Add a layer of sliced strawberries, blueberries, and raspberries.
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8. **Tips for Success: Layering is Key:** The key to a beautiful parfait is the layering. Use a clear glass or jar to showcase the vibrant colors of the ingredients.
9. **Fresh : Berries:** Using fresh berries is best for this recipe. They provide a beautiful color and a fresh, juicy flavor.
10. **Crunchy : Granola:** Don't add the granola too far in advance, as it will get soggy. It's best to add it right before serving.
11. **Thick : Yogurt:** Using a thick Greek yogurt will ensure that your parfait holds its shape and doesn't become too runny.
12. **Serving Suggestions and Pairings:** This yogurt parfait is a complete meal on its own. It's a perfect breakfast, a light lunch, or a healthy dessert. For a more substantial breakfast, you can serve it with a side of a hard-boiled egg or some toast.

13. For a drink pairing, a hot cup of coffee or a glass of orange juice would be a perfect complement.
14. Nutritional Information: (Please note that this is an estimate and will vary based on specific brands and portion sizes)
15. This is a healthy and well-rounded meal. The Greek yogurt is a great source of protein and probiotics, while the berries provide a variety of vitamins, antioxidants, and fiber. The granola provides complex carbohydrates for energy. It's a delicious and satisfying meal that is perfect for a balanced diet.
16. Storage and Leftover Tips: This parfait is best served immediately. However, you can make the components ahead of time and store them in separate containers in the refrigerator for up to 3 days. To assemble a fresh parfait in the morning, simply grab your pre-prepped ingredients and layer them. You can also pour any leftovers into popsicle molds for a healthy frozen treat.
17. Final Thoughts: This Berry & Granola Yogurt Parfait recipe is a timeless classic for a reason. It's a healthy, delicious, and easy meal that is perfect for any occasion. The combination of creamy yogurt, fresh berries, and crunchy granola is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

SWAPS & NOTES

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