

## Layered Yogurt and Berry Parfait: A Fresh and Healthy Breakfast

Some recipes are more about assembly than cooking, and this



**TIME**  
**10-15 min**

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**ChefManiac**

### INGREDIENTS

- 1 1/2 cups plain Greek yogurt
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon vanilla extract
- 1/2 cup red currants (fresh or frozen)
- 1/2 cup fresh blueberries
- 1/2 cup strawberries, sliced
- 1/4 cup granola (optional, for a satisfying crunch)
- 4 fresh mint leaves, finely chopped (plus more for garnish)

### DIRECTIONS

- 1.** Prepare the : Yogurt Mixture: In a small bowl, whisk together the Greek yogurt, honey, and vanilla extract until the mixture is smooth and well-combined.
- 2.** Prep the : Berries: Gently rinse your berries and pat them dry. If you're using frozen red currants, be sure to thaw them first and pat them dry as well to prevent any excess moisture from making the parfait watery.
- 3.** Start : Layering: In two clear glasses or jars, spoon about 2 tablespoons of the yogurt mixture into the bottom of each.
- 4.** Add : Your Layers: Create a colorful layer by adding some of the strawberries, followed by blueberries, and a few red currants.
- 5.** Add : Crunch and Flavor: Sprinkle a small pinch of the finely chopped mint leaves and a tablespoon of granola (if you're using it) over the berries.
- 6.** Repeat and : Finish: Continue to repeat the layers of yogurt, berries, mint, and granola until your glass is nearly full. Be sure to finish with a final dollop of yogurt on top.
- 7.** Garnish and : Serve: Garnish the top with some extra red currants and blueberries. Add a fresh mint sprig for a beautiful final touch. You can serve it immediately for a fresh and crisp texture, or chill it for 10-15 minutes to let the flavors meld.

### SWAPS & NOTES

Yogurt: While plain Greek yogurt is my preference for its creamy texture and tangy flavor, you can use any plain or

vanilla yogurt you like.

Sweetener: Maple syrup or agave nectar can be used as a substitute for honey.

You can also adjust the amount to suit your taste.

Berries: Feel free to use any berries you have on hand!

## TIPS FOR SUCCESS

**Use Clear Glasses:** Using clear glasses or jars is the best way to showcase the beautiful layers.

It makes the parfait look so much more appetizing.

**Pat Berries Dry:** This is a small but important step.

Excess water from rinsing can make the yogurt runny, so a quick pat dry with a paper towel is key.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/layered-yogurt-and-berry-parfait-a-fresh-and-healthy-breakfast/>