

## Quick and Healthy Yogurt Fruit Parfait

When you want something fresh, light, and naturally sweet, this



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 1 cup fresh strawberries, sliced
- 1 banana, sliced
- 1/2 cup blueberries
- 1 kiwi, sliced
- 1/2 cup mango chunks
- 2 cups vanilla yogurt
- 1 tablespoon honey (optional)
- 2 tablespoons granola (optional)

### DIRECTIONS

- 1.** Start with Yogurt: Spoon a layer of vanilla yogurt into the bottom of a serving glass.
- 2.** Add Fruit Layers: Add a layer of strawberries and banana slices.
- 3.** Repeat & Build: Add another layer of yogurt, followed by kiwi, blueberries, and mango.
- 4.** Finish & Garnish: Top with a final dollop of yogurt. Drizzle with honey or sprinkle with granola if desired.
- 5.** Serve: Serve immediately for the best texture, or chill briefly before enjoying.

### SWAPS & NOTES

**Yogurt option:** Use Greek yogurt for extra protein.

**Dairy-free:** Swap in coconut or almond milk yogurt.

**Lower sugar:** Use plain yogurt and skip the honey.

**Crunch boost:** Add chopped nuts, chia seeds, or coconut flakes.

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

Original recipe: <https://chefmaniac.com/quick-and-healthy-yogurt-fruit-parfait/>