

REGess!

waco parks and recreation

HEALTHY GREEK YOGURT PARFAIT

INGREDIENTS:

- 2 cups honey vanilla Greek yogurt
- 2 cups strawberries (chopped)
- 2 cups blueberries
- 2 cups crumbled graham crackers or almond granola

RECIPE:

1. Rinse all the fruit and pat dry.
2. Remove the green top stems off every strawberry, then cut the strawberries into pieces.
3. Layer the yogurt, strawberries, blueberries and graham crackers in a glass cup or mason jar. You can layer each ingredient however you like (it's really a personal preference). We like to layer it like this: 1/4 cup Greek yogurt, 1/4 cup strawberries, 1/4 cup blueberries and 1/4 cup granola.
4. Serve and enjoy!

