

# Berry Granola Greek Yogurt Parfait



COURSE  
Breakfast, Snacks



SERVINGS  
7

CALORIES  
263 kcal

## INGREDIENTS

- 3 ½ c Kite Hill unsweetened vanilla Greek yogurt
- 7 tbsp maple syrup
- 1 tsp vanilla extract
- 1 ¾ c Kashi Go Lean Crunch or other granola of choice
- 1 ¾ c mixed berries
- 7 tsp chia seeds

## INSTRUCTIONS

1. In a large bowl, combine the vegan Greek yogurt, maple syrup (or sweetener), and vanilla extract. Stir well until well distributed throughout the yogurt.
2. In 7 serving glasses or jars, start by layering approximately 2 tablespoons of granola at the bottom of each glass.
3. Add a layer of yogurt on top of the granola, using about 1/4 cup for each serving.
4. Top the yogurt layer with a handful of mixed berries, distributing them evenly among the servings.
5. Repeat the layering process by adding another layer of granola, followed by the sweetened Greek yogurt mixture, and another layer of mixed berries.
6. Continue layering until all the ingredients are used or until the glasses are filled to your desired capacity.
7. Finish the parfaits with a final sprinkle of chia seeds.
8. Cover the glasses or jars and refrigerate for at least 1 hour to allow the flavors to meld together and the granola to soften slightly.
9. They can stay in the fridge for the week.

## NUTRITION

## Nutrition Facts

Berry Granola Greek Yogurt Parfait

Amount Per Serving (1 g)

<b>Calories</b>	263	Calories from Fat	99
<b>% Daily Value*</b>			
<b>Fat</b>	11g		17%
<b>Carbohydrates</b>	35g		12%
<b>Protein</b>	11g		22%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!