



BERRY QUINOA PARFAIT^o

SERVES: 1 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1 1



½ cup cooked quinoa
¼ cup sliced fresh strawberries
¼ cup fresh blackberries
¼ cup fresh blueberries
¼ cup fresh raspberries
¾ cup reduced-fat (2%) plain Greek yogurt
¾ tsp. raw honey

1. Evenly layer half of quinoa, strawberries, blackberries, blueberries, raspberries, yogurt, and honey in a tall glass. Repeat with remaining half of ingredients.
2. Serve immediately or cover and refrigerate for up to 3 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 320 Total Fat: 6 g Saturated Fat: 3 g Cholesterol: 9 mg Sodium: 64 mg Carbohydrates: 46 g Fiber: 8 g Sugars: 20 g Protein: 23 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.