

Yogurt & Fruit Parfait

Parfait yaourt et fruits

5 min

Easy

250 kcal per serving

Snack

Breakfast

Vegetarian

Quick

Gluten-Free

Kids



Ingredients

FOR ONE SERVING

Greek yogurt (<i>Yaourt grec</i>)	150 g
Mixed berries (<i>Fruits rouges mélangés</i>)	80 g
Honey (<i>Miel</i>)	1 tbsp
Granola (<i>Granola</i>)	20 g

Nutrition facts

PER SERVING

Calories	250
Protein	10 g
Carbohydrates	36 g
Fat	8 g
Fiber	3 g

Preparation

- 1 Spoon half of the Greek yogurt into a glass or bowl.
- 2 Add half of the mixed berries on top of the yogurt.
- 3 Drizzle a little honey over the berries.
- 4 Repeat with the remaining yogurt and berries to make another layer.
- 5 Top with the granola and finish with the rest of the honey.
- 6 Serve right away for the best crunch.

GOOD TO KNOW

Add the granola at the end so it stays crunchy.