



*This Greek yogurt parfait offers more protein and a filling snack option, ideal for curbing hunger and satisfying sweet cravings!*

## **Greek Yogurt Parfait with Berries and Almonds (1 Cup Greek Yogurt)**

### **Ingredients:**

- Plain Non-Fat Greek Yogurt: 1 cup (240 g)
- Fresh Blueberries: 1/4 cup (40 g)
- Fresh Strawberries (sliced): 1/4 cup (40 g)
- Sliced Almonds: 2 tbsp (14 g)
- Honey (optional): 1 tsp (5 ml)
- Chia Seeds (optional): 1 tsp (2 g)
- Ground Cinnamon (optional): A pinch

### **Instructions:**

#### **1. Layer the Yogurt Parfait:**

- In a bowl or glass jar, add 1 cup of plain Greek yogurt as the base.
- Layer the fresh blueberries and sliced strawberries on top of the yogurt.

#### **2. Add Toppings:**

- Sprinkle the sliced almonds, chia seeds (optional), and a pinch of ground cinnamon on top of the berries.

#### **3. Drizzle with Honey:**

- For added sweetness, drizzle 1 tsp of honey over the parfait (optional).

#### **4. Serve & Enjoy:**

- Enjoy immediately or refrigerate for a quick snack later!

### **Macronutrients:**

- Calories: ~290 kcal
- Protein: 22 g
- Carbohydrates: 26 g
  - Fiber: 6 g
  - Sugars: 18 g (natural from fruit and yogurt)
- Fat: 12 g
  - Saturated Fat: 1.5 g