

BLUEBERRY PARFAIT

INGREDIENTS

- 1 cup plain or vanilla Greek yogurt
- 1 cup fresh blueberries (or thawed from frozen)
- ½ cup granola
- 1 to 2 tsp honey (or pure maple syrup)



DIRECTIONS

1. Prepare the base: Grab a glass or mason jar. Add about 1/4 cup of Greek yogurt to the bottom.
2. Add fruit and crunch: Top the yogurt with 1/4 cup of fresh blueberries and a small handful (about 2 tablespoons) of granola.
3. Add sweetness: Drizzle a little honey over the blueberries.
4. Repeat: Continue stacking these layers (yogurt, blueberries, granola, and a drizzle of honey) until your glass is full.
5. Serve: Enjoy immediately so the granola stays perfectly crunchy.