



Berry Parfait

Serving Size: 2

Ingredients:

1 Cup Yogurt
1/4 Cup Granola
1/2 Cup Raspberries
1/2 Cup Blackberries
1 Tbsp Honey

Optional: For fun, make in an ice cream cone for a sweet treat on the go!

Instructions:

1. Get out two cups. Add 1/4 cup yogurt to the bottom of each cup.
2. Top with a layer of granola and raspberries.
3. Add remaining layer of yogurt, then granola and blackberries.
4. Top with honey and enjoy!