

# COOKING FOR WELLNESS

## Yogurt Parfait

### Ingredients:

2 cups Greek yogurt (plain or vanilla flavored)

3/4 c granola

1 c high fiber cereal

¼ c of chia, flax, or hemp seed (~1T in each)

4 cups berries (frozen or fresh)



### Instructions

- Place ½ c of yogurt at the bottom of the jar
- 1 cup berries- ok to use frozen and keep frozen when building, as they thaw it will add some sweetness to the yogurt
- Top with 2 T granola, ¼ cup high fiber cereal, 1T seed option

### Nutrition Information:

1 jar recipe will make 4 total

It will be variable based on the type of yogurt and granola. To decrease calories, consider a low-fat yogurt (1%). 2% yogurt was used in calculations- it has a creamer texture.

320 calories, 45 gm carb, 15 gm fiber, 13 gm fat



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