

# Berry Greek Yogurt Parfait

4 ingredients · 10 minutes · 1 serving



## Directions

1. Layer the granola, yogurt, strawberries, and blueberries in a jar. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Make it Vegan

Use plant-based yogurt.

## Ingredients

- 1/2 cup Granola
- 1 cup Plain Greek Yogurt
- 1/2 cup Strawberries (sliced)
- 1/2 cup Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	544	<b>Cholesterol</b>	34mg
<b>Fat</b>	20g	<b>Sodium</b>	157mg
<b>Carbs</b>	61g	<b>Vitamin A</b>	1310IU
<b>Fiber</b>	9g	<b>Vitamin C</b>	65mg
<b>Sugar</b>	29g	<b>Calcium</b>	562mg
<b>Protein</b>	31g	<b>Iron</b>	4mg