# Mixed Berry Yogurt Parfait

#### **INGREDIENTS**

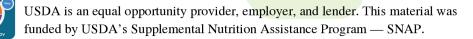
- 2 cups low-fat, low-added sugar vanilla Greek yogurt
- 1 cup granola
- 2 cups fresh or frozen mixed berries
- 1 teaspoon lemon juice
- 1 2 tablespoons maple syrup

2 SERVINGS 30 MINUTES



Adapted from: aromaticessence.co





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USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

## **PROCEDURE**

#### Make the Mixed Berry Compote:

- 1.In a medium saucepan, combine mixed berries, lemon juice, and maple syrup. Stirring occasionally, cook on medium-high heat until mixture begins to boil. Reduce heat to medium-low, and simmer until the mixture thickens and almost reduces to half, about 15 minutes.
- 2. Transfer fruit mixture to a bowl, let cool completely, then cover and refrigerate until you are ready to assemble parfait.

#### Make the Yogurt Parfait:

- 1.In a serving glass, layer ½ cup yogurt, followed by 2 to 3 tablespoons of the mixed berry compote, followed by ¼ cup granola.
- 2. Repeat until you reach the top of the glass.

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