

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



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

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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 $\frac{1}{2}$ cup yogurt, followed by 2 to 3 tablespoons of the mixed berry compote, followed by $\frac{1}{4}$ cup granola.
2. Repeat until you reach the top of the glass.

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