

# Yogurt Parfaits

## Ingredients

- 32 oz container of vanilla Greek yogurt with no added sugars
- Berries of choice (*I used blackberries, strawberries and blueberries*)
- Chia seeds
- Granola of choice (*check out the recipe I use!*)
- Jars of choice (*I love mason jars. They are cute, inexpensive and practical. I buy the small ones for the kids*)

## Directions

1. Layer ingredients, starting with yogurt, followed by a layer of fruit, yogurt, fruit and 1 tsp of chia seeds per parfait. If you are making these ahead of time, put your lid on and store in the fridge.
2. Add granola and walnuts right before serving. I do about ¼ cup of granola per parfait and about 1 tbs of walnuts
3. This made 4 large parfaits, and 4 small parfaits
4. Enjoy! (These are great with a boiled egg for some extra protein to start the day!)

MADE WITH LOVE

by Teresa Forehand