

Creamy Yogurt Parfait with Honey and Berries

Indulge in a delightful yogurt parfait, layered with fresh berries and a drizzle of honey. This quick and easy dessert is not only delicious but also nutritious, making it a perfect treat for any time of day.



Dessert

10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey
- 1 tablespoon granola (optional)
- 1 teaspoon chia seeds (optional)

Steps

- 1 In a bowl, add the Greek yogurt and smooth it out with a spoon.
- 2 Rinse the mixed berries and pat them dry. Cut the strawberries into slices if using.
- 3 Layer half of the yogurt in a glass or bowl.
- 4 Add half of the mixed berries on top of the yogurt layer.
- 5 Drizzle half of the honey over the berries.
- 6 Repeat the layers with the remaining yogurt, berries, and honey.
- 7 If desired, sprinkle granola and chia seeds on top for added texture and nutrition.
- 8 Serve immediately and enjoy your delicious yogurt parfait!