

Quick Berry Parfait

A delightful dessert ready in just 20 minutes, perfect for satisfying your sweet cravings!


20 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup Greek yogurt
- 1/4 cup granola
- 1/2 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1 tablespoon honey or maple syrup

Steps

- 1 In a serving glass, layer half of the Greek yogurt at the bottom.
- 2 Add a layer of mixed berries on top of the yogurt.
- 3 Sprinkle half of the granola over the berries.
- 4 Drizzle some honey or maple syrup.
- 5 Repeat the layers with the remaining ingredients.
- 6 Serve chilled and enjoy!