

Mixed Berry and Greek Yogurt Parfait

Prep time: 5 minutes

Cooking time: 0 minutes

Yields: 4 servings

Ingredients:

1 cup fresh strawberries

1 cup fresh blueberries

1 cup fresh blackberries

1 pint plain Greek yogurt

2 oz. honey or agave nectar

4 oz. homemade granola (see separate recipe)

Directions:

Remove the tops from the strawberries, quarter them and toss with the other berries. In a separate bowl whip the Greek yogurt with the honey or maple syrup. In 4 individual glasses layer the berries and the yogurt. Top with granola.

Chef Mat Shalenko

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