

Very Berry Parfait

Ingredients:

2 cups plain Greek yogurt

1 ½ cups sliced strawberries

1 pint fresh blueberries

Honey, optional

Cinnamon, optional



Directions:

1. In mason jars or bowls, begin layers with $\frac{1}{4}$ cup of Greek yogurt, followed by a layer of strawberries and then blueberries.
2. Repeat layering process until yogurt and berries are gone.
3. If desired, add a drizzle of honey and sprinkling of cinnamon to yogurt layer before adding berries.
4. Store any uneaten parfaits covered in fridge for up to two days.