BERRY PARFAIT

Boost your immune system with these high vitamin C fruits to keep you healthy all year round! The added protein makes this a perfect post-workout drink!

Ingredients:

- 2 cups plain organic Greek yogurt
- 1/2 tsp vanilla extract
- 1/2 tsp fresh orange zest
- 4-5T raw honey
- 2 cups fresh berries of choice rinsed, patted dry and sliced
- Optional: granola, chocolate chips, coconut flakes



Directions:

- Mix first four ingredients in a mixing bowl until smooth and blended.
- Layer yogurt mixture with fresh berries in cups and top with any additional toppings.
- Serve immediately or chill until ready to eat.

Makes 4 servings.

NUTRITION PER SERVING:

Calories: 164kcal | Carbohydrates: 30g | Protein: 11g | Fat: 1g | Sat Fat:1g | Fiber: 2g | Sugar: 27g | Cholesterol: 5mg | Sodium: 38mg

Reference: https://ameessavorydish.com

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