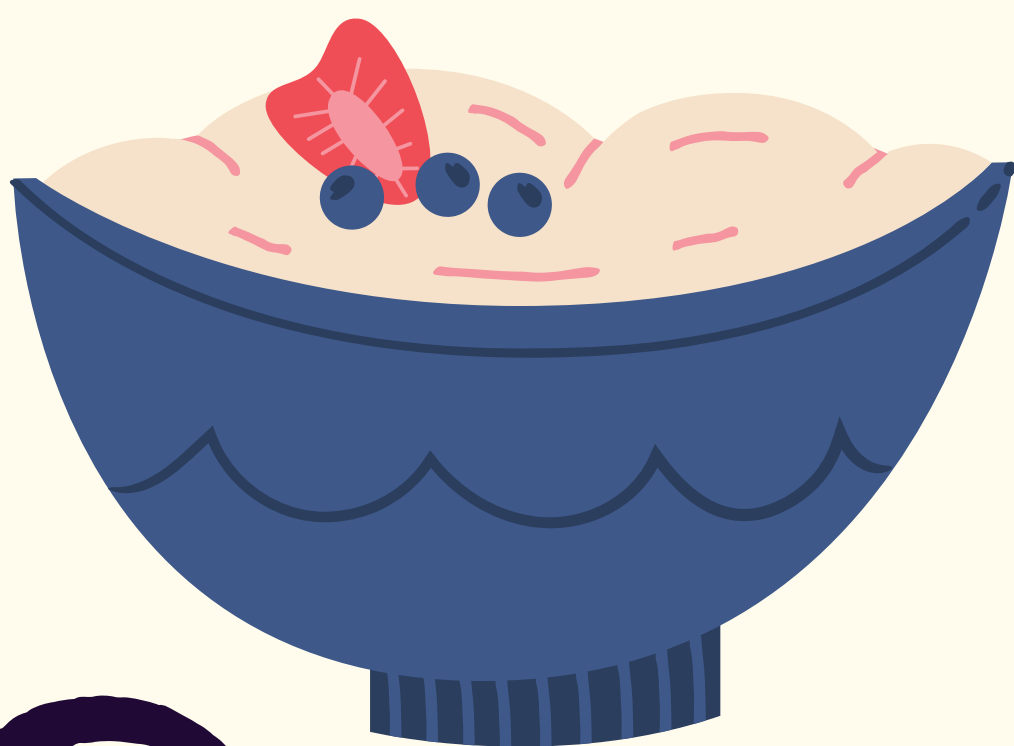


Greek Yogurt Parfait with Berries

Ingredients:

- 2 cups plain Greek yogurt
- 2 cups mixed berries (strawberries, blueberries, raspberries)
- 1 cup granola
- 2 tbsp honey or maple syrup (optional)
- 2 tbsp chopped nuts (almonds, walnuts - optional)



Instructions:

- Spoon $\frac{1}{2}$ cup yogurt into a glass or bowl.
- Layer with berries and granola.
- Repeat layers until full.
- Drizzle with honey and sprinkle nuts on top.
- Serve immediately or refrigerate for up to 1 day.