

Yogurt Parfait



Ingredients:

6 ounces	Plain Greek yogurt
3-4 Tablespoons	Blueberry Jam
3-4 Tablespoons	Granola
Fresh Berries	Optional

Directions:

Layer half the yogurt, then half the jam and then half the granola in a cup. Repeat and top with fresh berries.

Note: There really is no exact measurement for the ingredients. To make several parfaits, purchase the large 32 ounce size container of yogurt. We used vanilla yogurt, blueberry jam and fresh blueberries, but you can use your favorite flavor of yogurt, jam and berries. So many options!

