

Berry, Yogurt & Granola Fruit Parfait

Layer each ingredient to make a breakfast parfait. Make this healthy breakfast in advance and keep in the fridge until ready to enjoy. Use a small bowl, glass or mason jar for each individual parfait.

Ingredients:

- Layer one: 1/4 cup of mixed berries
- Layer two: 1/4 cup yogurt
- Layer three: 1/4 cup granola
- REPEAT until desired amount

Other optional ingredients: nuts, shredded coconut, honey, chocolate chips

