

# Berry Yogurt Parfaits

[Heavenly Home Cooking](#)

If you're looking for a super easy and healthy breakfast recipe, our berry yogurt parfaits will fit the bill perfectly. They come together in a snap. Plus you can assemble them ahead in small mason jars and grab and go on those busy weekday mornings. They also make a beautiful festive presentation for the 4th of July, or birthday parties. These would also make a delicious and healthy dessert. Layer them with a delicious [homemade granola](#) as a great preservative-free, whole food alternative to standard grocery store fare. Ready in less than 10 minutes!

★★★★★ 5 from 3 votes



PREP TIME

10 mins

COOK TIME

0 mins

TOTAL TIME

10 mins



COURSE

Breakfast, Brunch,  
Dessert

CUISINE

American

SERVINGS

4 parfaits



CALORIES

296 kcal

## EQUIPMENT

[Small bowl](#)

[Small mason jars](#)

## INGREDIENTS

- 1 cup chopped strawberries
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 2 cups plain Greek yogurt
- 1 cup granola
- 1 cup fresh blueberries

## INSTRUCTIONS

1. Add strawberries, honey and vanilla to a small bowl and mash with the back of a fork until strawberries begin to break up and mixture resembles a chunky syrup.

2. Divide the berry mixture evenly among four small mason jars or glasses.
3. Spoon the yogurt on top, dividing equally.
4. Sprinkle granola on top of the yogurt.
5. Top with blueberries.

## NUTRITION FACTS

Calories: 296kcal (15%)	Carbohydrates: 42g (14%)	Protein: 15g (30%)	Fat: 8g (12%)
Saturated Fat: 2g (13%)	Cholesterol: 7mg (2%)	Sodium: 58mg (3%)	Potassium: 202mg (6%)
Fiber: 3g (13%)	Sugar: 25g (28%)	Vitamin A: 86IU (2%)	Vitamin C: 25mg (30%)
Calcium: 164mg (16%)	Iron: 2mg (11%)		

*Nutritional information provided is for one serving and is only an estimate. The accuracy of the nutritional information for any recipe on this site is not guaranteed.*



TOTAL SERVINGS

4 parfaits

KEYWORD

easy, healthy, holiday, make-ahead, quick, sweet



**Tried this recipe?**

[Let us know](#) how it was!