

Greek Yogurt And Berries Parfait

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-and-berries-recipe>

Ingredients:

- 1 cup greek yogurt
- 3/4 cup granola
- 1 cup berries your choice
- 2 tablespoons pumpkin seeds
- 1 tablespoon chia seeds

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 35 milligrams
9. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Greek Yogurt And Berries Parfait above. You can see more 15 greek yogurt and berries recipe Discover culinary perfection! to get more great cooking ideas.