



## Berry Healthy Parfaits

"A great summer treat rather than ice cream, fresh fruit and yogurt. Get a good dose of fresh fruit in a refreshing treat with very little work." - Kelly May

Prep Time: 5 minutes

Cook Time: 6 hrs. to overnight

**Ready In: 6 hrs. 5 min.**

**Serving Size:** 2 servings

### Ingredients

- ✓ 1 cup plain yogurt
- ✓ 1/3 cup of old fashioned oats
- ✓ 1 tbs. agave nectar
- ✓ 2 tbs. almond milk (or milk of choice)
- ✓ ½ cup of blueberries
- ✓ ½ cup of strawberries

### Directions

1. Mix yogurt, oats, milk, and agave together in a small bowl.
2. Divide half of yogurt mixture equally between two 8 oz. canning jars (or other small containers). Next, top the yogurt mixture with half of the fruit (strawberries & blueberries) into each container. Repeat with the remaining yogurt and fruit mixture.
3. Cover containers and refrigerate over night (or at least for 6 hours).

### Nutrition

*Amount per serving*

- ❖ Calories: 182
- ❖ Total Fat: 3 g
- ❖ Total Carbs: 34 g
- ❖ Protein: 7 g
- ❖ Cholesterol: 3 mg
- ❖ Sodium: 88 mg
- ❖ Potassium: 77 mg