



**GREEK YOGURT PARFAITS**  
Makes 5 parfaits

**TROPICAL COCONUT**

- 1 cup 0% Greek style yogurt
- 1 tablespoon shredded unsweetened coconut
- 1/4 cup chopped mango
- 1/4 cup chopped pineapple

**APPLE PIE**

- 1 cup 0% Greek style yogurt
- 1/4 cup chopped apple
- 1/2 teaspoon cinnamon
- 1 tablespoon chopped pecans
- 1/2 teaspoon maple syrup

**PUMPKIN FLAX**

- 1 cup 0% Greek style yogurt
- 1 tablespoon pumpkin puree
- 1 teaspoon maple syrup
- 1/2 tablespoon flax seeds
- 1 tablespoon pumpkin seeds
- Sprinkle of cinnamon

Credit: Clean Eating Couple

**BERRY GRANOLA**

- 1 cup 0% Greek style yogurt
- 1/4 cup frozen mixed berries
- 2 tablespoons granola

**CHOCOLATE PEANUT BUTTER**

- 1 cup 0% Greek style yogurt
- 1 teaspoon cocoa powder
- 1 teaspoon honey
- 1 teaspoon peanut butter

**INSTRUCTIONS**

Prepare 5 glass mason jars. Fill each mason jar with 1 cup of 0% Greek style yogurt. Add parfait toppings to individual jars. I recommend leaving them on top of the yogurt and stirring together only when ready to eat.

Cover parfait jars with lids and store in refrigerator for up to 5 days. When ready to enjoy, simply remove from the fridge, stir and enjoy!

