

# strawberry flax parfait

**Makes 1 serving**

**PREP TIME:** 5-10 minutes

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1 cup plain Greek yogurt

1 Tbsp ground flax seeds

1 tsp vanilla

2 Tbsp almonds

½ cup strawberries, sliced

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**MIX** Greek yogurt, ground flax seeds, and vanilla until well combined.

**IN** the bottom of a small glass or bowl, layer half of the strawberries and almonds.

**TOP** with yogurt/flax mixture.

**FINISH** with another layer of the remaining strawberries and almonds.

