

berry sorghum parfait

SERVES 1

PREPTIME: 5 minutes

⅓ cup cooked sorghum
6 to 8 ounces plain Greek yogurt
½ cup berries of choice, fresh or frozen
Honey, to taste (optional)

Time Saving Tips:

- **Make a large batch of sorghum and store in fridge to use throughout the week or in the freezer for later use. Reheat slightly to loosen and then once cooled assemble the parfait.**
- **You can make this the night before for a quick, easy breakfast the next morning.**

PLACE half of the yogurt in the bottom of a bowl or glass jar.

ADD half of the cooked sorghum and drizzle with honey, if desired for added sweetness.

TOP with half of the berries.

REPEAT layers with remaining ingredients, finishing with berries on top.

SERVE immediately or store in the fridge up to 1 day.

