

blueberry pecan parfait

Makes 1 serving

PREP TIME: 3 minutes

1 cup plain Greek yogurt
½ tsp cinnamon
1-2 Tbsp chopped pecans
½ cup puffed grain cereal*
(I used Arrowhead puffed kamut)
½ cup fresh blueberries**
1-2 Tbsp ground flax (optional)

NOTES

*Choose puffed rice or puffed millet to make this a gluten free option.

**You can substitute thawed frozen berries and the berry juices will help naturally sweeten the yogurt.

MIX Greek yogurt and cinnamon until well combined.

IN a small glass or bowl, layer half of the yogurt, pecans, cereal, flax (if using) and then blueberries. Repeat layers with the remaining ingredients, starting with yogurt and ending with blueberries.

SERVE and eat immediately to enjoy the maximum crunchiness from the cereal and nuts, but it will stay good in the fridge for up to 3 days.

