

Personal Strawberry Parfait

This recipe can be made in individual serving sizes, which is ideal for COVID safety.

Adapted from Tilth Alliance

Makes 1 serving

Ingredients

1 cup strawberries

1/2 cup vanilla or plain yogurt

1/4 cup granola or muesli cereal

Instructions

Remove stems from strawberries and cut into slices. Set aside.

Place half of the yogurt in the bottom of a 12-ounce glass. Add sliced strawberries until the glass is about half full. Next, layer the granola (or muesli cereal) into the glass and add the rest of the yogurt.

Top with remaining strawberries and serve cold.

Note:

- To make the recipe gluten free, ensure the granola or muesli is gluten free.
- To make the recipe dairy free, use a dairy-free yogurt alternative.
- Try it with raspberries, blackberries, blueberries, peaches, or nectarines!



Photo credit: Everyday Dishes website