

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/4 cup no sugar added sliced peaches
- 2 Tbsp. canned 100% fruit juice
- 2 Tbsp. low-sugar granola
- optional: 1 Tbsp. honey

PROCEDURE

- In a medium bowl, whisk together yogurt, juice from the can, and honey
- Add 1/2 cup of yogurt to a cup or small bowl. Top with 2 Tbsp. of peaches and then another 1/2 cup of yogurt. Top with the last 2 Tbsp. of peaches and granola.
- Serve immediately or refrigerate

Peach Yogurt Parfait

1 SERVING 5 MIN



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