

# Triple Berry Parfait

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A photograph of two glass jars filled with a triple berry parfait. The parfait consists of layers of white yogurt, granola, and fresh strawberries. The jars are placed on a light-colored wooden surface. Several whole strawberries are scattered around the jars, and a wooden cutting board with more strawberries is visible in the background.

Yield: 2 servings

Prep Time: 5 minutes

Total Time: 10 minutes

Make this gorgeous parfait for breakfast, a snack, or even dessert!

## Ingredients:

- 1 package YES!Berries  
Your Everyday Snack!®
- 1 cup vanilla Greek yogurt
- 1 package of blueberries
- 1 package of raspberries
- 2/3 cup granola

## Directions:

1. Remove stems and quarter each strawberry.
2. In two pretty glasses, carefully create layers with the fruit, yogurt, and granola. Make the top layer your red YES!Berries.

## Cooking Tips:

1 cup of strawberries are called for in this recipe. You can either add them all into the parfait, or reserve 1/3 cup and mash them with the back of a spoon to create a puree. Then, add a tablespoon or two of maple syrup to your mashed berries to create a syrup for the top.



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Nutrition Facts: Serving Size: 1, Servings Per Recipe: 2, Amount Per Serving: Calories 425, Total Fat 23.6g (30% Daily Value), Saturated Fat 4.3g (22% Daily Value), Cholesterol 10mg (3% Daily Value), Sodium 58mg (3% Daily Value), Potassium 1211mg (26% Daily Value), Carbohydrate 110.7g (40% Daily Value), Dietary Fiber 24.1g (86% Daily Value), Sugars 57.5g, Protein 25.5g