# Fruit ' $n$ ' Yogurt Parfait with Nutella ${ }^{\circledR}$ 



## INGREDIENTS

for 4 portions
½ cup ( 125 mL ) granola
$1 / 4$ cup ( 80 mL ) Nutella ${ }^{\circledR}$
1 cup ( 250 mL ) low fat Greek yogurt ( $2 \%$ or less M.F.)
1 cup ( 250 mL ) assorted berries

To prepare this delicious recipe, 15 g of Nutella ${ }^{8}$ per person is enough to enjoy!

## METHOD

In four parfait glasses, layer 1 tbsp. of granola, 1 tbsp., Nutella ${ }^{\circledR}, 2$ tbsp. of yogurt and $1 / 4$ cup berries.
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Top berries with an additional two tbsp. of yogurt and sprinkle with remaining granola. Serve and enjoy.
Tip: Make these parfaits in small mason jars for a breakfast on the go!

