

# Very Berry Parfait

Yield: 1 serving

Prep time: 5 minutes

Total time: 5 minutes

## Ingredients

**Unsweetened Vanilla Coconut Yogurt** | 1/2 Cup

**Strawberries** | 1 Cup

**Blueberries** | 1/2 Cup

**Raspberries** | 1/4 Cup

**Black Berries** | 1/4 Cup

**Granola** | 1/4 Cup

**Maple Syrup** | 2 TBSP

## Directions

Place 1/2 cup of the unsweetened yogurt in the bottom of a bowl or jar, layer with half of all the berries. Repeat the remaining 1/2 cup of yogurt and berries. Top off with the granola and maple syrup.