



Greek Yogurt Cheesecake Parfait

Servings = 1

Equipment:

Mixing bowl, Measuring cups & spoons, Spoon or spatula, Glass or Small Jar, food safe bag or bowl, knife & cutting board (if needed)

Ingredients:

- ¾ cup plain or vanilla non-fat Greek yogurt
- ½ tsp vanilla extract (if using plain yogurt)
- 1 tbsp maple syrup or honey
- ½ cup fresh berries (blueberries, strawberries, or raspberries)
- 2 graham crackers rectangles, crushed (optional but gives a "crust" feel)

Preparation:

1. Add graham crackers to bag/bowl and crush.
2. In a bowl, mix Greek yogurt with vanilla and maple syrup.
3. In a small glass or container, layer half the yogurt, then add half the berries.
4. Add the rest of the yogurt and top with remaining berries and crushed graham crackers if desired.

Nutrition Facts per serving:
(made with blueberries, vanilla yogurt, and maple syrup)

Calories 343.8

Protein: 18.1g Carbs: 60g
Fat: 3.7g Fiber: 3.1g

Tips for Best Results:

1. Use thick Greek yogurt for a creamier, richer texture.
2. Layer just before serving to maintain the graham cracker crunch
3. Chill for 10-15 minutes for a slightly firmer "cheesecake" feel if desired.

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