

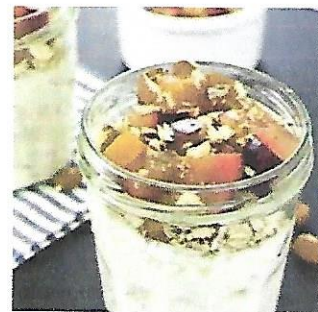
HEALTHY YOGURT PARFAIT

COURSE: BREAKFAST, DESSERTS CUISINE: VEGETARIAN

TIME: MAX 10 MIN CALORIES: 150 - 450 KCAL

DIET: EGG-FREE, GLUTEN-FREE PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES SERVINGS: 2 SERVINGS CALORIES: 301KCAL



INGREDIENTS

- 2 plums
- 3 dried apricots
- ½ cup rolled oats (½ cup = 50g)
- 2 tbsp almonds (pre-chopped if possible)
- 1 cup low fat Greek Yogurt (use regular if you prefer)
- ¼ cup milk of choice
- 1 tsp cinnamon
- 1 tsp honey (or agave syrup)

INSTRUCTIONS

1. Chop up half of your **plum(s)**. Throw these in together with the **dried apricots** in a food processor and blend until smooth (if no food processor at hand just cut into small pieces).
2 plums, 3 dried apricots
2. Cut the other plum(s) into small cubes.
3. If you aren't using pre-chopped almonds, chop up the **almonds!**
2 tbsp almonds
4. Mix the yogurt with the **plum jam** (from the food processor). Add the **cinnamon** and **honey/agave syrup**.
1 tsp cinnamon, 1 tsp honey
5. Lastly, in a small bowl layer **yogurt, milk, oats, plum cubes** and **chopped almonds** to your liking.
1 cup low fat Greek Yogurt, ¼ cup milk of choice, ½ cup rolled oats
6. Enjoy now or whenever you like! Keep it in the fridge.

NUTRITION

Calories: 301kcal | Carbohydrates: 39g | Protein: 19g | Fat: 9g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Cholesterol: 7mg | Sodium: 61mg | Potassium: 440mg | Fiber: 5g | Sugar: 21g | Vitamin A: 793IU | Vitamin C: 7mg | Calcium: 206mg | Iron: 2mg