



Social Eats

# Berry Parfait Cups

 50 calories, 1.5 g fat, 1 g protein, 9 g carbohydrate, 1 g fiber and 10 mg sodium

 Freeze Time: 2 to 4 hours

## DIRECTIONS:

### INGREDIENTS:

- ½ cup granola plus more for topping
- 1 ½ cup vanilla yogurt of choice
- ¾ cup berries, larger pieces diced

### Topping:

- ¾ cup fresh fruit: berries, kiwi, peaches, banana, etc.
- ¼ cup granola, smaller pieces work better



Line a 12-cup muffin pan with paper liners.



Sprinkle 2 teaspoons of granola into each cup.



Mash berries and yogurt together in a bowl.



Spoon 2 tablespoons of the fruit and yogurt mixture into each cup evenly.



Press about 1 tablespoon of fresh fruit into the top of each cup. Top with granola.



Place the pan in the freezer and chill until firm, about 2-4 hours.