

Rainbow Yogurt Parfait

Ingredients

1 recipe LKA Granola (small batch)

1/2 cup plain Greek yogurt

1 tsp sweetener of choice

3 fresh strawberries, chopped or 1/2 recipe

LKA Chia Jam

1/4 ripe mango, diced

1/2 banana, chopped

1/2 kiwi, diced

1/4 cup fresh blueberries

Instructions

1. Preheat oven to 325 degrees.
2. In a small bowl mix the plain Greek yogurt and the sweetener.
3. Assemble the parfaits in a glass mason jar; start with some of the strawberries then dollop some yogurt and sprinkle some granola over.
4. Next goes the mango, followed by some yogurt and the granola.
5. Banana follow with some yogurt then granola.
6. Kiwi goes after with some yogurt and then granola.
7. Finally, the blueberries followed by yogurt and granola.