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Peach and Blueberry Parfait ♦♦

A delicious and refreshing parfait made with fresh peaches and blueberries. Perfect for a summer dessert or breakfast.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	peaches
250 g	blueberries
500 g	greek yogurt
30 g	Honey
100 g	granola

Directions

Step 1

Cut

Wash and slice the peaches.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Layering

In serving glasses, layer the Greek yogurt, sliced peaches, and blueberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle honey over the parfait.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle granola on top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	24 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Desserts Sauces & Dressings

Diet

Ovo-Vegetarian Diet Low Sodium Diet The Fast Metabolism Diet
Nutrient Timing Diet The 80/10/10 Diet The French Women Don't Get Fat Diet
The Israeli Army Diet The Breatharian Diet The Werewolf Diet
The Master Cleanse Diet The Best Life Diet The Peanut Butter Diet
The Bulletproof Diet The GOLO Diet

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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