



Healthdor

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Berry Granola Parfait

This delicious vegan berry granola parfait is a healthy and refreshing breakfast option. It consists of layers of yogurt, mixed berries, and crunchy granola. It's perfect for a quick and nutritious start to your day.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|-------|---------------|
| 200 g | vegan yogurt |
| 150 g | Mixed Berries |
| 50 g | Granola |

Directions

Step 1

In a glass or bowl, layer the vegan yogurt, mixed berries, and granola.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Repeat the layers until all ingredients are used.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Serve immediately or refrigerate for later.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 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) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 15 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 5 g | 17.86% | 20% |
| 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 | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 50 mg | 2.17% | 2.17% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 300 mg | 8.82% | 11.54% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Breakfast Brunch Lunch Snack

Kitchen Tools

Slow Cooker

Course

Appetizers Desserts Salads Snacks

Cultural

Chinese New Year Diwali Halloween

Cost

\$10 to \$20 \$20 to \$30

Demographics

Teen Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Difficulty Level

Medium

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