



Healthdor

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Yogurt Parfait

A delicious and healthy breakfast or snack option, yogurt parfait is a layered dessert made with yogurt, fruits, and granola. It can be customized with various toppings and flavors to suit individual preferences.

Recipe Type: Standard

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	Greek yogurt
100 g	Mixed Berries
50 g	granola
2 tsp	honey

Directions

Step 1

In a glass or bowl, layer Greek yogurt at the bottom.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Add a layer of mixed berries on top of the yogurt.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Sprinkle granola over the berries.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Drizzle honey on top for added sweetness.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Repeat the layers until the glass or bowl is filled.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serve immediately and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
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	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Dinner

Supper

Kitchen Tools

Grill

Course

Appetizers

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Difficulty Level

Easy

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