



Healthdor

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Fruit Parfait

A delicious and healthy dessert made with layers of yogurt, fresh fruits, and granola. It is a perfect treat for breakfast or as a light snack. The combination of creamy yogurt, sweet fruits, and crunchy granola creates a delightful texture and flavor.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	Greek yogurt
100 g	Strawberries
100 g	blueberries
100 g	Raspberries
50 g	granola

20 g 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 strawberries on top of the yogurt.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Add a layer of blueberries on top of the strawberries.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Add a layer of raspberries on top of the blueberries.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Sprinkle granola on top of the raspberries.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Drizzle honey over the granola.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Repeat the layers until all ingredients are used.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	20 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
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	80 mg	88.89%	106.67%
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	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Brunch Snack Supper

Difficulty Level

Easy

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