

Yogurt-berry parfaits

*These fruity, creamy breakfast parfaits are easy to prepare and adhere to every Modern Mediterranean principle: They are made with “**Real Food**,” offer scope for **variety** (when you use different fruits, different nuts, different brands of dairy), contain a good balance of protein, healthy fats and low-glycemic carbohydrates (“**Rule of Thirds**”), provide **probiotics and prebiotics**, and are easy to **make at home**. Why not make a double or triple batch on the weekend and store them in your fridge for the week ahead? So much healthier than the sugar-laden parfaits sold in coffee shops – and a big cost saving, too: These cost about \$1/serving, vs. the \$3-4 charged for most commercial parfaits. Makes 2 servings.*

Ingredients

- 1½ cups plain whole-milk Greek yogurt
- ½ cup plain whole-milk kefir (a type of fermented milk that tastes like buttermilk; can be found in the chiller section near the yogurt)
- ½ cup mixed berries or other fruit (e.g. ½ banana, sliced; some fresh pineapple, chopped peach or apricot, etc.)
- ¼ cup nuts (e.g., hazelnuts, almonds, pecans, walnuts, etc.)
- 2 super-clean jars with lids (1-pint Mason jar or empty jam jar; the *Bonne Maman* jam jars are perfect)

Directions

In a medium mixing bowl, combine Greek yogurt and kefir and mix with a wire whisk or spatula.

Spoon about 1/3 of the yogurt into the jar. Top with ½ the fruit. Add another layer of yogurt, another layer of fruit and end with the final layer of yogurt.

Tip nuts onto a chopping board and smash with the flat side of a chef knife’s blade. Chop into smaller pieces if desired. Sprinkle on top of the yogurt. Close tightly and store in the fridge

Variations:

- You can make this with frozen berries: Defrost 1 cup berries for 1 minute in the microwave and crush with a fork. Add a little honey or maple syrup if the berries are tart. Then use as described above.
- To help you enjoy unsweetened yogurt, you can add flavorings that our taste buds usually associate with sweetness, like vanilla extract, lemon zest or cinnamon. This can give the illusion of eating sweetened yogurt, even when no sugar has been added.
- You can halve the nuts and add a tablespoon of granola; when buying granola, choose a brand that uses very little added sugar. Or make your own – ask me for a recipe.



Nutrition facts (per serving)

Calories: 341; total fat: 19g (of which saturated 6g; monounsaturated 8g; polyunsaturated 1g); sodium 106g; potassium 365g; total carbohydrate 24g (dietary fiber 3g, sugars 16g); protein 22g.