



Overnight Breakfast Parfaits

PREP TIME: 5 MINUTES | SERVES: 2

Beautiful layers of sweet fruit, creamy yogurt, berries, and crunchy granola or nuts that you can take on-the-go for a delicious breakfast or snack.

Ingredients

- 1 can (about 15 oz.) diced mangos, sliced peaches, pear halves, or sliced pears
- 1 1/3 cups nonfat or low-fat plain or vanilla yogurt, divided
- 1 cup fresh blueberries, raspberries, blackberries, or sliced strawberries, divided
- 1 cup granola and/or 1/2 cup chopped nuts or seeds, such as almonds, pecans, pistachios, walnuts, pumpkin or sunflower seeds, divided

Instructions

1. Drain the fruit and chop into bite-sized pieces, as needed.
2. Create layers in two 2-pint jars by spooning each ingredient into each jar in this suggested order: 1/4 cup fruit, 1/3 cup yogurt, 1/4 cup berries, 1/4 cup granola and/or 2 Tbsp. nuts or seeds. Repeat.
3. Serve immediately or seal jars and store refrigerated for up to 48 hours.

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