

Maple Yogurt Parfait Cups

Makes 4 servings

Ingredients:

- 2 cups plain or vanilla yogurt
- 2 tablespoons pure maple syrup
- 1 teaspoon lemon zest
- 1/2 cup crunchy granola
- 1/4 cup chopped nuts (such as almonds or pecans)
- 1/2 cup fresh mixed berries
- 1/4 cup diced fresh fruit (such as apple, pear, or banana)



Directions

1. Stir the maple syrup and lemon zest into the yogurt.
2. Spoon a layer of the maple yogurt into small cups or jars.
3. Add granola, nuts, berries, and diced fruit.
4. Add another layer of yogurt if desired.

Fun Food Fact

Pure maple syrup was traditionally harvested by Indigenous peoples of North America and contains natural antioxidants that support overall wellness.