

Pomegranate Yogurt Parfaits

A deliciously simple, healthy treat with creamy Greek yogurt, sweet pomegranate seeds, and crunchy granola – perfect for breakfast, dessert, or a snack.

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Servings: 4

Ingredients:

- 2 cups Greek yogurt (plain or vanilla)
- 1 cup pomegranate seeds (arils)
- 2 tablespoons honey or maple syrup (optional)
- 1/2 cup granola (optional)
- A sprinkle of chia seeds or nuts (optional)

Notes :

Make this vegan by choosing a non-dairy yogurt. For some added crunch, add seeds or toasted nuts.



Procedure:

- Prepare the Parfaits: In clear cups or bowls, layer the Greek yogurt, pomegranate seeds, and granola.
- Sweeten: Drizzle a little honey or maple syrup on top of the yogurt (optional).
- Add Texture: Sprinkle chia seeds or nuts on top for added texture (optional).
- Chill and Serve: Serve immediately, or chill in the refrigerator for a little while to let the flavors meld together.