

Blueberry Pistachio Parfait

Servings: **2**

Prep Time: **5 MIN**



INGREDIENTS

- **1 1/2 cups** plain Greek yogurt
- **1 cup** fresh or frozen blueberries
- **1/4 cup** lightly salted pistachios, chopped
- **2 tablespoons** honey

INSTRUCTIONS

- 1** Layer half of the yogurt, blueberries and pistachios between 2 serving glasses. Repeat layers.
- 2** Drizzle with honey.

Variations: Substitute coconut milk yogurt or almond milk yogurt for a dairy-free alternative.

Notes: If using frozen blueberries, rinse before use.
Nutritional analysis based on fresh blueberries.



Grab a
boost of
blue