

Blueberry Pistachio Parfait

Servings: 2

Prep Time: 5 minutes



INGREDIENTS

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

Variations

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

About the Recipe

You may not be on the beach right now, but you can channel the delicious flavors of the Mediterranean with a Blueberry Pistachio Parfait. Layering salty pistachios, creamy Greek yogurt, sweet-tart blueberries, and fragrant honey gives you a dish that's pleasing to the eye and your taste buds. Enjoy as breakfast, dessert or a snack!

INSTRUCTIONS

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

Recipe Tips

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

