

Summer Berry Parfait

2 cups plain, nonfat **Greek yogurt***

2 tbsp **honey**

1 cup chopped **nectarines**

½ cup fresh **blueberries**

½ cup fresh **strawberries**, stemmed and quartered

½ cup fresh **raspberries**

20 whole unroasted **almonds**

EASY | RECIPE



1. Mix yogurt and honey until smooth.
2. Gently combine nectarines, blueberries and strawberries.
3. To assemble, fill 4 (8-oz.) glass parfait or dessert dishes as follows: Place an equal scoop of nectarine mixture in bottom of each dish; add a layer of yogurt-honey cream, then a layer of raspberries, then a second layer of yogurt, and top with almonds.

*Greek-style yogurt is strained to remove excess water, creating a thicker, creamier texture than regular yogurt; it stands up well in a dessert. **Option:** Use nonfat sour cream.

Makes about 4, 1-cup servings. Per serving:

175 calories | 13.4g protein | 1.6g fat | trace saturated fat | 0mg cholesterol | 23.5g carbohydrate | 18g sugar | 3.2g fiber | 37mg sodium