



# NUT & BERRY PARFAIT

## INGREDIENTS

- 1 cup of nonfat plain Greek yogurt
- ¼ cup fresh or frozen raspberries
- ¼ cup fresh or frozen blueberries
- ¼ cup sliced almonds, Toasted if desired
- 2 teaspoons honey



## DIRECTIONS

Layer yogurt, berries and almonds in a bowl, glass, or jar.  
Drizzle honey on top

## TIPS

Make ahead, cover and refrigerate for up to 4 hours.

## BENEFITS OF WALNUTS

Studies suggest that dietary consumption of walnuts (1-2 oz per day) can improve cognitive function and reduce the risk of other diseases, such as cardiovascular disease, depression, and type 2 diabetes.