

Yogurt Parfait Shots by [Marie Feldman, RD](#)

Servings: 4 (1 Parfait Per Serving)

Easy to make and a fun (and healthy) little dessert to serve your kids or guests.

Ingredients

1 cup nonfat Greek yogurt

4 teaspoons honey or 4 tablespoons light maple syrup

handful of berries (about 12 small raspberries, 8 blackberries or 2-3 cut up strawberries, or mix n' match)

Directions

1. In a small bowl combine the yogurt and honey or maple syrup.
2. Spoon the sweetened yogurt into four small glasses, until each is half full, this will be about 2 tablespoons for each.
3. Add one tablespoon of fruit to the center of each glass.
4. Then fill the glasses with the rest of the yogurt (again about 2 tablespoons per glass) and top each with a few berries.
5. Chill if not serving immediately.

Nutrition Facts: Serving Size: 1 Parfait; Calories 70

Total Fat 1.5g Saturated Fat 0g Cholesterol 0mg Sodium 20mg Total Carbohydrate 9g Dietary Fiber 1g Sugars 8g Protein 5g