



Blueberry Lemon Yogurt Parfait

This Recipe Serves 4

Ingredients

32 oz non fat, plain Greek yogurt

2 small lemons, zested and juiced

¼ cup Splenda

1 tablespoon vanilla

1 cup fresh blueberries

¼ cup sliced almonds

1. In a medium bowl, whisk together yogurt, lemon zest, lemon juice and Splenda.
2. Add ½ cup yogurt to a parfait dish or small bowl. Top with ¼ cup blueberries, then another ½ cup of yogurt. Sprinkle with 1 Tbsp sliced almonds.
3. Repeat with three more parfait glasses. Serve immediately or refrigerate.

Make It Gluten-Free: Ensure all ingredients are gluten-free and this can be a gluten-free dish.

Notes _____

