

Yogurt Parfait

Difficulty: Easy **Yield:** 1 serving

Ingredients:

- 1 5-6 ounce container
Greek yogurt
- 1/2 cup blueberries
- 1 tsp raw honey
- 1/3 cup raw walnuts
- 1 spring of fresh thyme
(for garnish)

Preparation:

1. Preheat oven to 350°F
2. Roast a small tray of walnuts 5-10 minutes until golden brown and aromatic – they should break apart rather easily. Set aside and allow to cool.
3. Fold honey into yogurt and blend well.
4. In a parfait or sundae dish, alternate between layers of blueberries and Greek yogurt until you fill the glass. If you do not own a parfait dish, the recipe is just as good served in a regular bowl without all of the layers.
5. Chop walnuts and set extras aside. They can be used to make more parfaits (and they make a great snack).
6. Top with an additional drizzle of honey, toasted walnuts, fresh thyme and enjoy!