

Springtime Crema Parfait



Ingredients

3 cups plain Greek yogurt
 1 Tbsp. honey
 1 tsp finely grated lime zest
 1 tsp fresh lime juice
 1 ½ tsp vanilla extract
 1 cup fresh raspberries
 1 cup fresh blueberries
 1 cup strawberries
 Mint leaves for garnish

Directions

1. In a medium bowl, whisk together the yogurt, honey, lime zest, lime juice, and vanilla. Refrigerate until ready to make the parfaits.
2. Prepare parfait. Place berries first then alternate layers of the fruit and yogurt in four tall glasses. Garnish with mint leaves before serving.

Nutritional Information

Calories 175
 Total Fat..... 0g
 Saturated Fat 0g
 Cholesterol 0mg
 Total Carbohydrate.... 24g
 Dietary Fiber 4g
 Sugar 18g
 Protein 18g
 Sodium 75mg
 Potassium 385mg
 Serving Size 1 ½ cups
 Recipe Yields 4 servings

Adjusted from: <https://iowagirleats.com>