



Blueberry Lemon Yogurt Parfait

Servings: 6

Ingredients

32 ounces Vanilla Greek yogurt
2 small lemons, zested and juiced
1 cup fresh blueberries
¼ cup sliced almonds

Instructions

1. In a medium bowl, whisk together yogurt, lemon zest, and lemon juice.
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 Tablespoon sliced almonds.
3. Repeat with three more parfait glasses. Serve immediately or refrigerate.