

BEYOND HUNGER

BERRIES AND PISTACHIO PARFAIT

It sounds fancy, but in reality, this parfait is just layers of Greek yogurt and fresh or frozen berries that has been topped with pistachios. Make this recipe the night before and enjoy it for breakfast or have it as a snack. Pistachios are bursting with the fiber, minerals, and unsaturated fat that can help keep your blood sugar, blood pressure, and cholesterol in check.

Yield: 4 servings

Ingredients

- 1 (16 ounces) container **Greek yogurt** or another plain yogurt
- 4 cups fresh or frozen **berries**
- 1 tablespoon **honey**
- 1/2 cup shelled unsalted roasted **pistachios** (about 2 ounces), coarsely chopped

Instructions

1. Add honey to the container of yogurt. Stir well.
2. In a mason jar or any cup or bowl, layer yogurt and berries. Top with pistachios.

Per Serving: Calories 279, Carbohydrates 29.6 g, Protein 14.4 g, Saturated Fat 3.6 g, Sodium 42 mg, Fiber 4.3 g, Sugars 21 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from Simply Sissom.

