

BEYOND HUNGER

DARK CHOCOLATE-BERRY BREAKFAST PARFAIT

Oh, what a sweet morning it will be with this dark chocolate and berry parfait! A mixture of berries gives this recipe a hearty serving of fiber. While sweet and tasty, dark chocolate adds a bit of that Magnesium goodness we need for optimal blood pressure and nerve function.

Yield: 2 servings

Serving Size: 1 parfait cup

Ingredients:

- 2 cups plain **Greek nonfat yogurt**
- 1 cup sliced **strawberries**
- ½ cup **raspberries**
- ½ cup **blueberries**
- 4 Tbsp **granola**
- 2 oz **dark chocolate chips**
- **Chia seeds** (optional)

Instructions:

1. Divide 1 cup Greek yogurt between 2 parfait glasses.
2. Spoon ¼ cup strawberries and ¼ cup raspberries into each glass.
3. Add 1 tbsp of granola and ½ oz dark chocolate onto each glass.
4. Divide the remaining 1 cup of Greek yogurt between both glasses.
5. Spoon ¼ cup strawberries and ¼ cup blueberries into each glass.
6. Top off with remaining 1 tbsp granola and ½ oz dark chocolate into each glass. Enjoy!

Option topping: a sprinkle of chia seeds for a serving of healthy fats

Per Serving: Calories 470kcal, Protein 24.6, Saturated Fat 7.6g, Sodium 71.7mg, Total Fiber 12.9g, Total Sugar 27.7g

This recipe was adapted from www.eatingwell.com.