



Greek Yogurt Parfait Jars



SERVES:
2



TOTAL TIME:
4 minutes



ESTIMATED COST:
\$0.75
per serving

Ingredients



- 1 cup plain Greek yogurt
- 1 tsp honey
- 1/4 cup rolled oats
- 1/2 cup fresh fruit (berries, sliced strawberries, or diced apple)

Instructions



- 1 Layer Greek yogurt in a jar or bowl.
- 2 Drizzle with honey and add a handful of rolled oats.
- 3 Top with fruit of your choice.
- 4 Serve immediately, or refrigerate overnight and grab in the morning.

