



FRESH GRAPEFRUIT & HONEY YOGURT PARFAIT

Ingredients

- 2 fresh grapefruits, segmented
- 2 cups Greek yogurt
- 2-3 tablespoons honey
- ½ teaspoon vanilla extract
- ½ cup granola



Preparation Steps

- Whisk yogurt with honey and vanilla.
- Layer yogurt, grapefruit, and granola in glasses
- Repeat layers and finish with a drizzle of honey

Notes

- For a savory twist, add mint and a pinch of salt instead of granola.