

Raspberry Greek Yogurt Parfait



Servings

1 Parfait



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 1/2 cup plain low fat greek yogurt
- 1 whole graham cracker crumbled
- 1/4 cup raspberries
- 1 tbsp honey

Directions

1. Place greek yogurt in a bowl
2. Wash raspberries and place on top of greek yogurt
3. Crumble graham cracker and sprinkle on top of greek yogurt and raspberries
4. Complete raspberry parfait with a drizzle of honey

Nutrition Facts

Serving size 1 Parfait

Amount per serving

Calories 220

Sodium 110 mg

Potassium 240 mg

Phosphorus 190 mg

Carbohydrates 35 g

Protein 13 g



Pro Tip

Don't like raspberries? Replace with blueberries, strawberries, or blackberries!