

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!