

Greek Yogurt Parfait

Overnight Breakfast

Ingredients

Yogurt Base (Overnight)

- 180 g Greek yogurt
- ½ tsp vanilla extract
- ½ tsp lemon zest
- ½ T honey

Marinated Strawberries (Overnight)

- 60 g fresh strawberries *hulled and quartered*
- ½ T lemon juice
- ½ T granulated sugar

Crunchy Topping (On the day)

- 1½ T old fashioned rolled oats *or granola*
- 1½ T sliced almonds *or granola*



Instructions

1. Mix and chill the yogurt:

- In a medium bowl, stir together Greek yogurt, vanilla extract, lemon zest, and honey until smooth.
- Cover and place in the fridge overnight.

2. Prepare the strawberries:

- In a small bowl, mix strawberries (diced) with lemon juice and granulated sugar.
- Stir gently, cover, and refrigerate overnight.

3. Toast the topping and assemble:

- The next morning, heat a small pan over **medium heat**. Add old-fashioned rolled oats and sliced almonds and toast for about **3 minutes**, stirring often, until lightly golden. Let cool.
- Skip this step to use granola instead.

4. To assemble:

- Spoon a little of the strawberry syrup into a glass. Add a layer of yogurt, then a layer of strawberries with some of their juice, and finish with a sprinkle of the crunchy topping. Repeat the layers once more, then serve right away.

Notes

Substitutions

- Vanilla extract → Skip or use a pinch of cinnamon
- Lemon zest → Orange zest or omit
- Honey → Maple syrup or agave
- Strawberries → Thawed frozen berries, raspberries, or blueberries
- Lemon juice → Orange juice or skip
- Sugar → Maple syrup or reduce quantity
- Rolled oats or granola → Crushed nuts, seeds, or store-bought granola
- Sliced almonds → Walnuts, pecans, or sunflower seeds

Tips

- Don't skip the overnight rest → better flavor + juicier berries
- Use ripe strawberries → sweeter, more syrupy
- Cut berries small → better texture in every bite
- Taste before serving → adjust with a drizzle of honey
- Toast oats & almonds → extra crunch + nutty flavor
- Let toppings cool → stay crisp longer
- Layer last minute → avoid soggy parfait
- Adjust sweetness → use less sugar or honey if you like

Nutrition

1 serving:

Calories: 313 kcal, Carbs: 36 g, Protein: 23 g, Fat: 9 g, Saturated Fat: 1 g,
Sodium: 67 mg, Fiber: 4 g, Sugar: 25 g