



Very Berry Parfait

INGREDIENTS (serving size: 4)

- 3 cups vanilla fat free Greek yogurt
- 8 ounces Greek whipped cream cheese spread
- ½ teaspoon vanilla extract
- 2 tablespoons hulled hemp seeds
- 2 cups blueberries
- 2 cups strawberries, sliced
- 1 cup raspberries

NUTRITION INFORMATION: 360 Calories; 9 grams Fat; 4 grams Saturated Fat; 20 mg Cholesterol; 220 mg Sodium; 47 grams Carbohydrates; 7 grams Fiber; 31 grams sugar; 24 grams Protein

DIRECTIONS

1. Wash and dry berries; slice strawberries.
2. In a large bowl, cream Greek yogurt, cream cheese and vanilla extract with an electric mixer. Layer berries, hemp seeds and yogurt mix in 4 glass bowls or parfaits.

Chef Note: Bob's Red Mill hulled hemp seeds are suggested. Or wheat germ may be substituted for hemp seeds.