



Mixed Berry and Yogurt Parfait

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



902 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds raw sliced
- ☐ 0.3 cup poached berries mixed fresh
- ☐ 1 teaspoon coconut oil raw extra-virgin
- ☐ 1 tablespoon easy granola homemade
- ☐ 1 serving kosher salt
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons maple syrup

- ☐ 0.5 cup old-fashioned oats
- ☐ 0.3 cup sunflower seeds raw

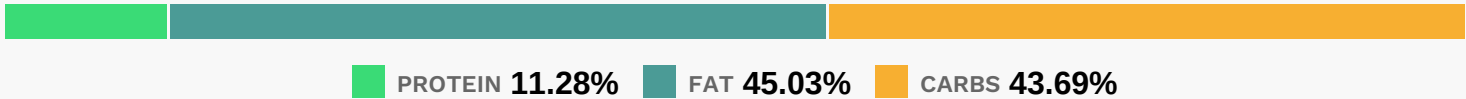
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Fill a small single-serving (6 ounce) container with a third of the yogurt. Top with a third of the berries.
- ☐ Drizzle 1 teaspoon of maple syrup over the berries. Repeat two more times with the rest of the yogurt, berries and maple syrup. Pack the granola separately so that it can be mixed into the parfait when ready to eat. Pack the parfait with an ice pack or frozen juice box so that it stays cold until lunchtime.
- ☐ Heat an oven to 350 degrees F.
- ☐ Heat the maple syrup with the coconut oil in a small skillet over medium-low heat, just to melt the oil. While still warm, toss the maple syrup mixture together with the oats, almonds, sunflower seeds and a pinch of salt in a medium bowl. Spray a baking sheet with the nonstick cooking spray.
- ☐ Spread the granola on the sheet tray in a thin layer.
- ☐ Bake for a total of 20 minutes, tossing the granola halfway through.
- ☐ Let cool to room temperature and store in an air-tight container in the refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:25.19, Inflammation Score:-9, Nutrition Score:41.474347767623%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 901.71kcal (45.09%), Fat: 46.88g (72.12%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 102.35g (34.12%), Net Carbohydrates: 88.2g (32.07%), Sugar: 51.83g (57.59%), Cholesterol: 4.9mg (1.63%), Sodium: 266.52mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Manganese: 5mg (250.04%), Vitamin E: 23.02mg (153.48%), Vitamin B2: 1.6mg (93.97%), Magnesium: 315.26mg (78.81%), Phosphorus: 746.29mg (74.63%), Copper: 1.25mg (62.66%), Vitamin B1: 0.93mg (61.91%), Fiber: 14.16g (56.62%), Selenium: 37.44µg (53.49%), Zinc: 6.07mg (40.45%), Calcium: 373.76mg (37.38%), Vitamin B6: 0.67mg (33.27%), Folate: 129.77µg (32.44%), Iron: 5.62mg (31.22%), Potassium: 1058.62mg (30.25%), Vitamin B3: 5.36mg (26.78%), Vitamin B5: 1.78mg (17.79%), Vitamin K: 10.26µg (9.77%), Vitamin B12: 0.46µg (7.62%), Vitamin C: 2.59mg (3.14%), Vitamin A: 85.33IU (1.71%)