Leftover Cranberry Sauce Parfait

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: ~1 cup

Ingredients

⅔ cup plain nonfat Greek yogurt, divided

2 tablespoons leftover whole-berry cranberry sauce

1 tablespoon honey, divided

4 tablespoons granola or muesli cereal, divided

2 teaspoons chia seeds or hemp hearts, divided

2 teaspoons ground flax (flaxseed meal), divided

Directions

1. In a parfait glass or bowl, layer the following ingredients in this order: ⅓ cup of the Greek yogurt, ½ tablespoon of the honey, all of the cranberry sauce, 2 tablespoons of the granola, 1 teaspoon of the chia seeds or hemp seeds, and 1 teaspoon of the ground flax.
2. Repeat with a second layer, with the remaining ⅓ cup Greek yogurt, ½ tablespoon honey, 2 tablespoons granola, 1 teaspoon chia seeds or hemp seeds, and 1 teaspoon ground flax.
3. Serve immediately.

Recipe Notes

- If you don't have whole-berry cranberry sauce, try mashing up canned jellied cranberry sauce to use as a substitute.
- For a different texture and flavor, try substituting 1-2 tablespoons pepitas (green pumpkin seeds) for the chia seeds or hemp hearts.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 23.5 g | Saturated Fat: 3.5 g Sodium: 75 mg | Total Carbohydrate: 68.5 g | Dietary Fiber: 16 g | Protein: 30 g

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