

HONOR LIFE

FOCUS
OF THE
MONTH

Gut to be real: support friendly bacteria

Reinforce your gut health with
fermented foods, prebiotics,
and diverse fibre sources.



**For more information, you can contact the Medical
Nutrition Therapy Department at 928-729-8461**



PROBIOTIC YOGURT PARFAIT

INGREDIENTS

- 1 cup of Greek yogurt
- A handful of granola
- A couple of fresh berries (your choice)
- A drizzle of honey
- A splash of vanillia extract

INSTRUCTIONS

1. Grab a clear glass to showcase the layers.
2. Spoon half a cup of Greek yogurt into the bottom of the glass.
3. Sprinkle a handful of granola over the yogurt for crunch.
4. Add a few fresh berries on top of the granola for a burst of flavor.
5. Repeat the layers with the remaining yogurt, granola, and berries.
6. Drizzle honey over the top for sweetness.
7. Add a splash of vanilla extract to the yogurt before layering for an extra flavor kick (tip: mix it in a separate bowl first).
8. Chill in the fridge for 10 minutes to let the flavors meld (tip: don't skip this step for the best taste).
9. Serve immediately for a refreshing breakfast or snack (tip: garnish with mint leaves for a pop of color).

Bright layers make this parfait as appealing to the eye as it is to the palate. The contrast between creamy yogurt and crunchy granola is irresistible. Try serving it in a mason jar for a portable breakfast option.

