

Blueberry Yogurt Parfait

7 ounces frozen blueberries
Pinch of salt
Pinch of sugar
Pinch of cinnamon

1 1/3 Jersey Girls Vanilla Yogurt
4 tablespoons granola
4 teaspoons natural honey

In a small saucepan, combine blueberries, salt, sugar, and cinnamon. Place pan over medium-low heat and simmer for 2 to 3 minutes. Cool completely.

In an 8 oz. jelly jar, spoon 1/3 cup yogurt in the bottom and smooth the top. Add 1 tablespoon of blueberry mixture. Top with 1 tablespoon of granola and drizzle with 1 teaspoon oh honey. Repeat the layers and eat right away, or chill in fridge until ready to eat.

Makes 2 servings.

Blueberries were picked this summer in Winnsboro, TX. Jersey Girls Yogurt is produced at a dairy in Winnsboro, Tx. Honey is from Zimmers Farm in Winnsboro, TX.

Emma Gilbreath
Junior
Dairy
Wood County