

# Greek Yoghurt Parfait

Serves 2 • Prep 10 min • No cooking

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| <b>Ingredients</b> <ul style="list-style-type: none"><li>• 400g full-fat Greek yoghurt</li><li>• 1 tsp vanilla extract</li><li>• 1 tbsp chia seeds</li><li>• Low-carb sweetener, optional</li><li>• 150g mixed berries</li><li>• 1 tbsp chia seeds</li><li>• 1 tsp lemon juice</li><li>• 40g almonds</li><li>• 30g walnuts</li><li>• 1 tbsp pumpkin seeds</li><li>• 1 tbsp unsweetened coconut</li><li>• ½ tsp cinnamon</li><li>• Optional almond butter</li></ul> | <b>Method</b> <ol style="list-style-type: none"><li>1. Crush some berries and mix with chia seeds and lemon juice. Rest 5–10 min.</li><li>2. Mix Greek yoghurt with vanilla and chia seeds; sweeten if desired.</li><li>3. Combine almonds, walnuts, pumpkin seeds, coconut and cinnamon.</li><li>4. Layer yoghurt, berries, yoghurt and berries in two glasses. Top with nut mixture and optional almond butter.</li></ol> |
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## Nutrition / Recipe Notes

~450–500 kcal • 25–30g protein • 30–35g fat • 10–14g net carbs

## Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

**Photo placeholder** — Add a finished-meal photograph here for the website/print version.