
FREEZE DRIED STRAWBERRIES RECIPE

STRAWBERRY GRANOLA YOGURT PARFAIT

SERVES: 2

INGREDIENTS:

- Freeze dried strawberry-1 cup
- Toasted almond flakes-1/4 cup
- Vanilla yogurt-6 ounce
- Wheat germ-1 tbsp
- Granola-1 cup



METHOD:

STEP 1. Layer 1 cup strawberries, 1/4 cup almond flakes, 1/3 container yogurt, 1/3 tablespoon wheat germ and about 2 tablespoons of granola in a large bowl.

STEP 2. Continue to build the parfait, repeating the layers until all of the ingredients are used completely.