

Kiwi & Yogurt Parfait Recipe

INGREDIENTS

- 1 cup Epigamia Wild Raspberry Greek Yogurt
- 5 kiwis, peeled and diced
- ½ lime, zested
- 1 tbsp clear honey (optional)
- Mint leaves & Blackberries (for garnishing)
- Granola

INSTRUCTIONS

1. Mix 1 cup of Epigamia Wild Raspberry Greek Yogurt, lime zest, and honey
2. In a blender, purée the half diced kiwi, then fold the pureed kiwi into the yogurt mix
3. Layer the yogurt mix, granola, and remaining kiwis in small glasses and refrigerate the parfait for an hour
4. Put mint leaves on top along with blackberries, and serve immediately.