

Greek Yogurt Berry Cheesecake Parfaits

Serves 4

Ingredients:

Cheesecake:

4 ounces light cream cheese
1 cup plain Greek yogurt
3 Tablespoons honey
1 teaspoon vanilla extract
1 cup strawberries
1 cup raspberries
½ cup blueberries

Crust:

¼ cup raw almonds
½ cup raw pecans
3 pitted dates
¼ cup ground cinnamon



Directions:

1. In the bowl of a food processor, combine crust ingredients. Pulse until the mixture starts to form a ball and the nuts are nicely broken down.
2. Divide the nut crust between 4 individual dishes set aside.
3. In large mixing bowl, beat the cream cheese, Greek yogurt, honey, and vanilla with an electric mixer until smooth. Set aside.
4. Divide half of the cheesecake mixture between the 4 serving dishes or jars and divide half of the berries among the individual dishes.
5. Repeat this process with remaining cheesecake mixture and fresh berries.
6. Place the parfaits in the refrigerator for at least 2 hours to chill. To serve, garnish with ground cinnamon if desired. Enjoy!

Nutrition Information per serving (1 parfait):

Calories: 303, Total Fat: 15.5 g, Saturated Fat: 3.7 g, Unsaturated Fat: 11.8g, Cholesterol: 19 mg, Sodium: 175 mg, Carbohydrate 32 g, Fiber: 6.8 g, Sugar: 23.7 g, Added sugar: 0 g, Protein: 9 g

SOURCE: <https://www.yummly.com/recipe/Greek-Yogurt-Berry-Cheesecake-Parfaits-9046121#directions>
