

# Greek Yogurt Jars



YIELD **4** SERVINGS

Serving Size: 8 ounces of recipe

## NUTRITION FACTS PER SERVING

Calories:	210	Saturated Fat:	3 g
Carbs:	33 g	Protein:	7.5 g
Fiber:	2.5 g	Sugars	20 g
Fat:	6 g		

## INGREDIENTS

- 4 cups of greek yogurt
- 4 cups mixed fruit, chopped
- 2 cups granola

## DIRECTIONS

1. Layer the yogurt and fruit in wide-mouth pint or half-pint jars.
2. Fill separate small containers with granola.
3. Mix when ready to eat.
3. Place 1-2 pieces of each vegetable in each cup.
4. Drizzle each cup with a little olive oil at the base of the cup near the hummus (about 1/2 tsp) and top with a leaf of parsley.
5. Place the cups on a large platter or tray for serving.



Jefferson County  
Health Center