

Cranberry Parfait

Servings: 4 | Prep/cook time: 20 minutes

Ingredients:

- 12 oz. cranberries, fresh or frozen
- ¾ cup water
- ½ cup maple syrup, divided
- 4 cups plain Greek yogurt
- 1 cup granola



Directions:

1. In saucepan, combine cranberries and water. Cook over medium heat, approximately 10 minutes, or until cranberries are soft.
2. Add in ¼ cup maple syrup and cook for an additional five minutes, remove from heat and let cool.
3. Mix together ¼ cup maple syrup and Greek yogurt.
4. Layer yogurt mixture, cranberry sauce and granola in a jar or glass.