



**Preparation: 10 minutes | Cooking: 0 minutes | Servings: 1**

## **Ingredients:**

- 1 cup sliced fresh strawberries
- 1 cup sliced fresh strawberries
- ¼ cup granola
- 1 teaspoon sugar

## **Instructions:**

Combine strawberries and sugar in a small bowl and let stand until the berries begin to release juice, about 5 minutes. To assemble the parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.