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| nourish today for a healthy tomorrow |

Eating a warm meal  
nourishes the body; *preparing it*  
*nourishes the soul.*

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## **Berries with Lemon Cream Parfait**

*This light, fresh dessert can be prepared in a matter of minutes!*

### **Ingredients**

- 1/2 cup of each berry- blackberries, raspberries, strawberries
- 1 16-oz container of Greek Yogurt 1%
- 3-4 Tbs Dickinson's Lemon Curd – *in the jelly section of most grocery stores*
- 1/2 tsp cinnamon
- 2 Tbs Kashi Go Lean Cereal
- Mint for garnish
- 4 wine glasses

### **Directions**

1. Gently mix berries and set aside.
2. Mix the yogurt, lemon curd and cinnamon until well blended. Adjust amount of lemon curd based on how lemony you want your cream to taste.
3. Layer parfait starting with lemon curd, followed by berries and repeat, ending with lemon curd. Sprinkle Go Lean cereal on top and garnish with mint.