

Farro Lime Pineapple Greek Yogurt Parfait

Ingredients

- Pinch of salt
- 1/8 teaspoon vanilla extract
- 1 lime, juiced and zested
- 2 teaspoons milk
- Pinch of ground nutmeg
- 3 tablespoons plain nonfat Greek yogurt
- 1/3 cup diced pineapple



Directions

1. In a small serving bowl, stir together farro, vanilla extract, 1/2 teaspoon lime juice, 1/4 teaspoon lime zest, salt, milk and nutmeg.
2. Top with vanilla yogurt. Sprinkle with pineapple.
3. Garnish with additional lime zest.

Brought to you by:  BlueCross BlueShield of Illinois

