

Blueberry Breakfast Parfait

Carole Carter, From My Carolina Home

2 cups blueberries
1/4 cup sugar
3 tablespoons water
2 teaspoons lemon juice
16 oz vanilla Greek yogurt
6 cinnamon graham crackers
Mint leaves for garnish (optional)



Measure 1/2 cup of blueberries and set aside.

Combine 1 cup of the blueberries, water, sugar and lemon juice in a small saucepan. Cook over a medium heat for about 10 minutes. Add the remaining 1/2-cup of the blueberries and cook for 8 minutes more, stirring frequently. Remove from heat and let cool completely. Chill for one hour or overnight.

Mix lightly with yogurt maintaining a marbled look. Spoon into individual serving dishes then add reserved blueberries, distributing evenly. Garnish with graham cracker and mint leaf. Serve cold.

Yield – 6 servings