

## Grapefruit, Lime, and Mint Parfait

Recipe By JASMIN QUEEN

SERVES: 1

### INGREDIENTS:

- ☐ 1 cup grapefruit sections
- ☐ 1 cup vanilla yogurt
- ☐ 1 tsp. grated lime zest
- ☐ 1 tbsp. honey
- ☐ fresh mint leaves
- ☐ additional honey, *for drizzling on top*

### DIRECTIONS:

- ☐ 1. In a large bowl, mix yogurt, lime zest, and honey.
- ☐ 1. Alternate layers of yogurt and grapefruit into a glass.
- ☐ 1. Drizzle with honey and top with mint.

*Switch up the fruit for a totally different treat!*



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**Did you make this recipe?**

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