



## YOGURT PARFAIT

*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	26.9 gm YQ by Yoplait®, plain yogurt	1.7 (+1.7 gm fat)
	17.4 gm dry roasted pecans	2 (-11 gm fat)
Fat	6.7 gm canola oil	4 (-9.3 gm)
	10 gm butter on top	2
Carbohydrate	15.6 gm fresh strawberries	1.3
Other	Da Vinci® sugar free vanilla syrup	
	Ground cinnamon	

### DIRECTIONS

- Preheat the oven to 200°F.
- Melt butter in a small bowl.
- Add the raw pecans and vanilla syrup to the melted butter.
- Toss to coat. Season with ground cinnamon & stir.
- Line a baking sheet with parchment paper.
- Spread the pecans on the parchment paper and place in oven.
- Bake for 15-20 minutes until fragrant and roasted.
- In a separate small bowl, stir together the canola oil and yogurt until smooth.
- Sweeten the yogurt with additional vanilla syrup if desired.
- Top the yogurt mixture with roasted pecans and fresh sliced strawberries.

### VARIATIONS

- This recipe should not be frozen; otherwise ingredients will break apart or become soggy.
- Any keto-approved brand or flavor of yogurt can be used.
- Other nuts can be used such as almonds, walnuts, or peanuts. Nuts could also be omitted and substituted with additional yogurt.
- Other fruits can be used such as raspberries, peaches, or mango.
- Whipped heavy cream could also be added to this recipe.
- Other dry seasonings can be added for flavor such as pumpkin pie spice, apple pie spice, or nutmeg.