

Cantaloupe & Honey Yogurt Parfait

Ingredients

1 ripe cantaloupe, cubed or balled
2 cups Greek yogurt (vanilla or plain)
2–3 tbsp honey (plus extra for drizzling)
1/2 tsp vanilla extract (optional if using plain yogurt)
1/2 cup granola (or crushed biscotti for fancy vibes)
Fresh mint leaves (for garnish)

Optional: sliced almonds, chia seeds, or coconut flakes

Directions

Prep the cantaloupe: Cut it in half, scoop out seeds, and cube or ball the flesh. Chill in the fridge.

Mix the yogurt: In a bowl, combine Greek yogurt, honey, and vanilla extract (if using).

Layer it up: In glasses or small bowls, layer yogurt, then cantaloupe, then granola. Repeat if you have room.

Top it off: Drizzle with a little extra honey, sprinkle on almonds or chia if using, and finish with fresh mint.

Serve chilled and soak in all that Mother's Day sunshine and love.