

# Baklava Yogurt Parfaits

By: Chef Will Coleman | September 13, 2017 | [chefwillcoleman.com](http://chefwillcoleman.com)



Makes 4 Parfaits | 10 minutes- prep time | 10 minutes - total time

## What you need:

4 cups. Low Calorie Yogurt  
1 tablespoon. Cinnamon, ground  
½ cup. Pistachios, chopped  
½ cup. Walnuts, chopped  
4 tablespoons. Honey

## How to make it:

In a small bowl, combine the yogurt and cinnamon.

In a parfait container or small bowl, add ¼ cup of yogurt into the bottom.

Layer the yogurt with 2 tablespoons of pistachios.

Repeat again, by adding another  $\frac{1}{4}$  cup of yogurt on top.

Layer the yogurt with 2 tablespoons of walnuts.

On top, drizzle 1 tablespoon of honey.

Chill the parfaits for at least 30 minutes. Then serve and off course, enjoy!